

NCJ

NORTH COAST JOURNAL OF POLITICS, PEOPLE & ART

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Vol. XXXI Issue 2

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Artists Inside

Humboldt County
is set to pilot a life-
changing arts program.
Officials hope it will
change the jail, too.

By T. William Wallin



Congratulations Andy!

We appreciate
all of your years
of service.
You will
be missed



Longtime Murphy's employee, Andy Bunnell, is taking his well-earned retirement after 37 years of working for the company. Andy started at Murphy's in the early 1980's at a warehouse store owned by the Murphys. "I then moved to the Sunny Brae location in 1991 and began managing the meat department soon

after. I then moved on to supervise all of the meat departments and now I've been doing a lot of pricing and buying for everything. I really enjoy our relationships with all of our local makers. It is a great feeling to bring all these amazing local products to our consumers," explains Andy.

In his newly acquired free

time, Andy plans to spend it traveling, fishing, hunting and working on his house. Andy would also like to thank all of his customers and co-workers for all of their support.

"Murphy's has always been a great employer to work for. The ownership has always been great and I will miss everyone."

MURPHY'S

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Artwork by Henry Frank. Read more on page 8. Submitted

On the Cover
Detail of artwork by Henry Frank

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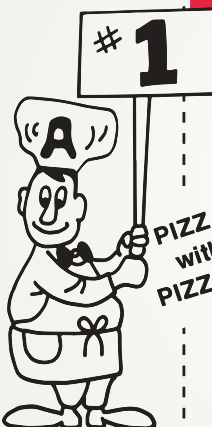


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Open House Schedule

 Winzler Children's Center Eureka City Schools WINZLER CHILDREN'S CENTER January 14, 2020 5:30 p.m.	 Alice Birney Elementary Eureka City Schools ALICE BIRNEY ELEMENTARY January 8, 2020 5:30 p.m.	 Lafayette Elementary Eureka City Schools LAFAYETTE ELEMENTARY January 23, 2020 6:00 p.m.	
 Winship Middle School Eureka City Schools WINSHIP MIDDLE SCHOOL January 14, 2020 5:30 p.m.	 Zane Middle School Eureka City Schools ZANE MIDDLE SCHOOL January 22, 2020 6:30 p.m.	 Eureka High School Eureka City Schools EUREKA HIGH SCHOOL January 15, 2020 5:30 p.m.	 Zoe Barnum High School Eureka City Schools ZOE BARNUM HIGH SCHOOL January 21, 2020 6:00 p.m.

**All current and prospective students and families
are invited to attend open house events!**

Not available the night of a scheduled Open House?
Please contact the school site directly to schedule a personal tour!

Climate Change

You use less water
Have no son or daughter

Eat less meat
Rely on your feet

But industry dwarfs
So the climate morphs

A tipping point reached
A levee is breached

To an ostrich we relate
For it may be too late

— Garrett Snedaker

We Can Drive 55

Editor:

Hooray for Mitch Trachtenberg's letter regarding lowering the county speed limit to 55 mph (Mailbox, Dec. 26, 2019). This is an excellent suggestion for a simple and easy way to reduce our production of CO2. Yes, there will be some inconvenience, but if we're to deal with climate change, such inconveniences will have to become the new normal, at least.

Mark Chaet, Arcata

Editor:

Thank you to Mitch Trachtenberg for proposing a simple and egalitarian step toward reducing our carbon footprint. Changing the maximum speed limit asks us all to step up in honor of the Earth, its creatures and our fellow citizens. This idea gives me hope that working together, all of us, we can make a difference.

Nancy Short, Eureka

Editor:

Funny how no one talks about how we could simply reduce the amount of global warming pollutants that we use on a daily basis. Mitch Trachtenberg's letter to the editor last week opened my eyes and I'll make my New Year's resolution giving up driving above 55. To think that this simple awareness and action by all of us could powerfully move us toward healing the environment feels significant. We can reduce the power of the petroleum greed monster just by changing one simple behavior. This feels liberating.

Lynn Robbins, Eureka

The Time is ... November

Editor:

Congratulations to the NCJ, Jennifer Fumiko Cahill and Thadeus Greenon for an outstanding editorial on the impeachment



Terry Torgerson

of Donald Trump ("The Time is Now," Dec. 26, 2019). The factual evidence is well organized, clear and concise.

Unfortunately, the time is not now because Mitch McConnell and his Senate sycophants do not have the moral fortitude to defend the Constitution against a man who has no regard for the truth.

They have the power and they are not going to give it up. For these politicians, power and party are more important than country.

The "time" will be November when decent Americans will go to the polls and reject the fear, anger, ignorance and racism that Trump represents.

Bill Morris, Eureka

Except the Corn Dog

Editor:

Just wanted to say thank you for the gift of the calendar I found tucked in the Dec. 26 edition. It is a thoughtful, one-of-a-kind gift, and especially so because each month's photographs capture the essence of why it is fun to live here. It is good for us all to be reminded of the treasures that abound: the natural beauty, the seasonal celebrations and the tasty wonders nature provides for us to eat ... with the exception of the corn dog.

Sheila Evans, Eureka

Write a Letter!

Please make your letter no more than 300 words and include your full name, place of residence and phone number (we won't print your number). Send it to letters@northcoastjournal.com. The deadline to have a letter considered for the upcoming edition is 10 a.m. Monday. ●

The Wild Weather of 2019

By Kimberly Wear
kim@northcoastjournal.com

Looking back at 2019 from a weather standpoint — it seemed things were a bit on the wild side. So, the *Journal* reached out to climate specialist Matthew Kidwell in the Eureka office of the National Weather Service, who compiled what he saw as the most notable weather incidents to take place last year.

Along with those events, 2019 hit a record for breaking records, with 18 total set, according to Kidwell, that included 11 highs and seven all-time lows.

The closest other years were 2004 and 2014 — which saw 10 and nine record highs, respectively. But 2013 edged out 2019 to stay in the lead for most minimum records at 10.

“It does seem like a lot of unusual events that happened but they were all fairly different,” Kidwell said, adding that, as far as temperatures go, “Is it a trend or just one part of a weather pattern? It takes a pretty detailed study to figure that out.”

Damaging Waves in Shelter Cove: On Jan. 17, waves upward of 30 feet crashed into eight homes on Lower Pacific Drive in Shelter Cove causing extensive damage, including flooding, mud covered floors, broken windows and ruined furniture.

Cheryl Antony, spokesperson for Shelter Cove Fire, told *Redheaded Blackbelt* at the time that one of the homes had approximately 10 broken windows and some had up to 4 inches of water inside.

“We had to put life jackets on to walk around [to assess damage],” Antony said. “We have never seen waves like this before. One came over the whole deck we were standing on. We had to run.”

Snow on the Coast: In the early morning hours of Feb. 10, many coastal residents awoke to find a gentle flurry coming down, the likes of which had not been seen since 2002, according to Kidwell.

McKinleyville saw 2 to 4 inches while at least one-half inch blanketed areas of Eureka. U.S. Highway 101 was closed for a time in northern Mendocino County due to snow and rockslides.

While making for some treacherous driving conditions, the rare coastal snowfall sent kids and adults out to enjoy the winter wonderland while it lasted, with many a snowman and snowwoman built that day.

Flooding in

February: While it was not at the record-breaking — and heartbreaking — level that the deluge of 1964 wrought, the second month of the year was still marked by heavy rainfall and swollen rivers.

Eureka set rain records on the 25th and 26th and the Ferndale bottoms saw flooding on the 27th, with water levels reaching the highest point since 1986 at Fernbridge, which hit 25.7 feet by 4 p.m. that day.

Humboldt County Sheriff’s Office special services deputies and Search and Rescue Posse members used air boats to help ranchers move their livestock out of the water’s way.

A total of 14.43 inches of rain poured down in February of 2019, the third most on record for the month. Along with the two daily rainfall records, February also saw 24-hour record, with 3.07 inches falling between Feb. 26 and Feb. 27, the most since 2002, according to weather records.

Benito Nuñez-Rodriguez, a husband and father of four young children, drowned in the floodwaters of the Eel River on Feb. 28 when he tried to walk through 4- to 5-foot deep flows to get from the barn he was in to his nearby home.

One of the Coldest Months: Along with all that wet, it was also cold. Really, really cold. In fact, February came in as the fifth coldest ever recorded in Eureka, according to Kidwell, hitting the coldest average temperature for the month since 1917.

That included a record low set in Eureka at 29 degrees on Feb. 18, which beat 2006’s record by 1 degree, along with five days of

recorded hail as well as the coastal snow flurry.

Hot! Hot! Hot! Apparently not to be outdone, June followed February’s cold with some blistering hot days, with Eureka hitting 85 degrees on the 11th. There was even a heat advisory on the coast until 7 p.m. while inland temps were upward of 100.

The day before hit a balmy 71 degrees along the coast with the day after a not-too-shabby and still record-breaking 78.

Many fans flew off the shelves of local stores during the three-day heatwave and those would prove to be a solid buy as warm temperatures continued throughout the summer months.

Dog Days of August: While there was at least one record-breaking day in August, what stood out the most — according to Kidwell — were the steady warm temps throughout the month thanks to warmer than normal ocean temperatures.

According the NWS records, August tied with 1983 for the warmest average temperature (average of daily max and min) in Eureka of 61.9 degrees. That included the 78 degrees recorded at the Woodley Island office Aug. 21, taking away another title.

Rain Came Pouring Down: With sudden ferocity, a storm cell broke loose over Arcata on the afternoon of Sept. 18, packing a punch that saw some 2 inches cascade down in just one hour in certain places, beating the one-day record for the day of 1.45 inches set in 1977.

According to the NWS, Arcata bore the brunt of the deluge that left flooded streets and water damage at Humboldt

State University in its wake — along with a healthy dose of thunder and lightning.

Bomb Cyclone and Big Wave: Not just a catchy meteorological term, this highly unusual weather event — at least for the North Coast — figuratively exploded over the region Nov. 26, with what is believed to be a record low of atmospheric pressure.

Of all the wild weather events of 2019, Kidwell describes this one as the most “unusual.”

“The lower the low pressure, the stronger winds you’ll have because all the air rushing is toward that (low pressure),” he says, adding that while these systems do occur in other areas, such as around Alaska or the East Coast, this was a rare event to happen so far south in the western United States.

The resulting high winds caused widespread damage and power outages during the Thanksgiving week, with wind speeds hitting 69 mph at the Crescent City Airport and 54 mph at the Arcata/Eureka Airport in McKinleyville.

Also generated was a 74.4-foot wave recorded off of Humboldt County’s Cape Mendocino — the largest ever recorded off the California coast — sending off 2019 in spectacular form.

Kimberly Wear is the assistant editor at the *Journal*. She prefers she/her pronouns and can be reached at 442-1400, extension 321, or kim@northcoastjournal.com. Follow her on Twitter @kimberly_wear.



Coast Guard Sector Humboldt Bay crews took advantage of the high surf to train.
Courtesy of the U.S. Coast Guard

Remembering HSU Wildlife Professor and Marsh Pioneer Stanley 'Doc' Harris

Stanley "Doc" Harris, a retired Humboldt State University wildlife professor, passed away Dec. 27. He was 91. In addition to having inspired thousands of students, Harris helped establish Arcata's wastewater facility as a wildlife sanctuary and shared his love of ornithology with birdwatching hobbyists in the North Coast.

Harris, who worked as a professor at HSU from 1959 to 1992, helped shape the wildlife department into the renowned department that it is today as "he quickly assumed leadership in the department and was one of the early members who grew it to the size that it is now," said Mark Colwell, a fellow wildlife professor at HSU and good friend of Harris'.

Harris also contributed significantly to bringing the ornithology program to the university, said Rick Botzler, a retired HSU wildlife professor who also worked with Harris.

Botzler and Colwell both said Harris cared tremendously for his students and wanted to see them succeed, adding that he was also a big influence on them.

"If you look across the western United States, you're likely to encounter people who were influenced by Stan," Colwell said. "Fifty-plus graduate students finished

their Master's degree with him."

On top of teaching waterfowl and wetlands classes, Harris played a significant role in creating the Wildlife Museum that houses more than 14,000 species in the wildlife department building.

"In my opinion, he more than anyone was responsible for the development of the museum," Botzler said. "Lorie, his wife, also contributed. She was an artist who helped paint the finishing touches and put together the museum. They were a team."

Colwell said that to the end of his days, Harris was still a part of the department, adding that not too long ago Harris visited the museum to meet with its curator and offer advice on the mount of the California condor that was going on display.

"He took great pride in the department and always showed his inquisitiveness for wildlife," Colwell said.

During his time at the university, Harris was a strong believer in and advocate for field-based learning. He believed in incorporating practical experience in his teachings to give his students hands-on experience. According to Botzler and Col-



A bouquet of flowers sits below the No-Name Pond plaque at the Arcata Marsh and Wildlife Sanctuary days after Harris' death. Photo by Iridian Casarez

well, Harris took his students on field trips to local national and state wildlife refuge centers, the Arcata Marsh and wherever there were waterfowl or wetlands, so much so that in 2001 the city of Arcata dedicated a low-lying pond at the Arcata Marsh in his name.

According to the Arcata Marsh and Wildlife Sanctuary map and guide pamphlet, No-Name Pond — which was named by Harris and a few of his students — was dedicated to Harris to honor his work in local ornithology and wetland ecology.

Harris was also one of the "original proponents" who sought to upgrade the wastewater treatment facility into a natural wetland, said Julie Neander, the deputy director of the Community Services department for the city of Arcata — who

also grew a relationship with Harris over the years.

"He was instrumental in [the city] having good data to continue to make the marsh better," she said, adding that, like many other professors and students at HSU, Harris played a pivotal role.

Along with helping create the Arcata Marsh, Harris also brought the world of ornithology to people outside of the professional realm of HSU. Botzler said that Harris spent time identifying and documenting which species lived in the North Coast.

"He opened up the opportunity for them to understand each species, habitats and the larger species composition," Botzler said. "He was a good person and he will be missed." POSTED 01.05.19

— Iridian Casarez

Make us a part of your daily life

For the news as it develops and all you need to understand politics, people and art on the North Coast, follow us online.

Coasties Rescue Fishing Crew: A U.S. Coast Guard crew used "direction-finding radio" to locate debris from a sinking fishing boat Jan. 5, which led them to the boat's crew. The crew, who'd used a lifeboat and survival gear to get to a nearby beach, was then rescued by a sheriff deputy and a Coast Guard helicopter. POSTED 01.06.20

War Protest: A couple of dozen people attended a hastily planned protest Jan. 3 in front of the Humboldt County Courthouse to urge the Trump administration not to go to war with Iran. The protest came a day after a U.S. drone strike killed Islamic Revolutionary Guard Corps Maj. Gen. Qasem Soleimani, dramatically escalating tensions between the two nations. POSTED 01.04.20

Last Call for Ravioli: After 90 years of serving ravioli, Marcelli's Italian Restaurant, a mom and pop joint in Eureka run by the Marcelli family since 1911, closed its doors Jan. 3. The family said business was good but help has been hard to find and they're ready for retirement, which led to the decision to close. Read the full story on page 14. POSTED 01.03.20



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newsletters

'A Very Groundbreaking Thing'

By Thadeus Greenson
thad@northcoastjournal.com

Want to invest in a cannabis farm? Well, all you have to do is buy some stock. Santa Cruz-based Goldenseed has become the first cannabis farm in the nation to be cleared for a public stock offering by the U.S. Securities and Exchange Commission, with shares hitting the market at \$100 apiece. While the stock market previously allowed investment in Canadian companies and U.S. retailers, cannabis farm stock is a first.

Goldenseed, which bills itself as a natural, sungrown farm, reported to the SEC that it has \$3.2 million in total assets but is primarily planning to use the influx of revenue from the stock offering to expand its footprint, which currently sits at about 440,000 square feet of greenhouse space.

With federal prohibition standing between cannabis companies and traditional banking services, including small business loans, stock offerings — if successful — could prove a valuable tool for businesses facing steep upfront compliance costs or looking to expand in the regulated marketplace.

Kendall Almerico, Goldenseed's attorney, told the *Sacramento Bee* the SEC's process was exhaustive and seemed more than a bit astonished at his own work.

"It's a very groundbreaking thing," he told the paper. "This is real stock in the company. You actually own equity in the company. ... This isn't a bunch of hippies growing pot in their backyard."

Speaking of game changers, a Southern California storefront may be pioneering a way to sidestep the local cannabis dispensary moratoriums that have been imposed by an estimated 75 percent of the state's cities, according to the California Cannabis Industry Association.

These local moratoriums — one of which is in place in Fortuna — have been a point of immense frustration for the industry, as they prohibit legal dispensary sales in much of the state, bolstering the illicit market, which, by its nature, pays moratoriums no mind. But maybe that's all about to change.

The Joint, a storefront in cannabis-averse Anaheim, recently opened up with a unique model. Inside, customers won't find any cannabis products. Instead, they'll find digital kiosks that they can use to order joints, flower, edibles or whatever they like from a fleet of nearby delivery drivers, who roll up

in short order to hand them their product.

The business model seeks to exploit a provision in state regulations that allows cannabis delivery services to operate anywhere in the state, regardless of local prohibitions. It also seems likely to be challenged in court.

"It could go either way," Hilary Bricken, a Los Angeles cannabis attorney, told the *OC Register*. "It could be brilliant, or it could be a suicide mission."

Veteran food writer and editor Amanda Faison just dropped an ambitious project on www.foodandwine.com dubbed "The Food & Wine Guide to Culinary Cannabis." The main article in the package is Faison's first-person narrative about attending a seemingly lavish dinner crafted by Miguel Trinidad, a hotshot New York City chef.

Faison deemed the menu a "tour de force of cannabis cooking," noting that it included such things as a carpaccio of charred, cannabis-infused octopus with cannabis flower "shaved" on top; beef shank with a "weed permeated" broth and a side of spaetzle and a cannabis-infused lamb Bordelaise. The trouble is Faison — though she raved about the dinner — apparently had a hard time keeping up: "Somewhere between the second and third courses, my eyeballs started feeling really weird and my notes from the rest of the dinner were limited to: 'Feeling great. Mirage burps. Womp womp.'"

Even if crumbling up — err, shaving — some weed to garnish your octopus sounds like a terrible idea, the piece makes for an interesting read, in part because it's clearly attempting to be a crossover piece that makes cannabis accessible to the novices among us with foodie inclinations.

Tucked at the very bottom, there's also a local update. Remember all that noise some time back about the Coppola winery teaming up with the local farm Humboldt Brothers? Well, that partnership has apparently blossomed, as Faison informs us it has now launched "The Grower's Series, a bottle-shaped tin containing matches, a pipe, rolling papers, three 1-gram samples of cannabis flower and information about each strain's terroir."

Wait, are matches the new vinyl? ●

Thadeus Greenson is the Journal's news editor and prefers he/him pronouns. Reach him at 442-1400, extension 321, or thad@northcoastjournal.com. Follow him on Twitter @thadeusgreenson.



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- 1/16 CANNA CRAFT DEMO DAY 3-6PM
- 1/18 COMMUNITY CONVERSATIONS WITH KEN
FEATURING BRIAN SWIZLO & LYNDSEY BATTLE 1PM
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Artists Inside

Humboldt County is set to pilot a life-changing arts program. Officials hope it will change the jail, too.

Story and photos by T. William Wallin
news@northcoastjournal.com



Henry Frank, who spent two decades in prison for a drive-by shooting at the Bayshore Mall, now lives in Novato and works for the William James Association and serves as vice president of the Museum of the American Indian.

Tucked in the golden rolling hills of the Tomales Bay watershed, a dozen miles north of Mt. Tamalpais, sits the Marin Museum of the American Indian in Miwok Park. Henry Frank, the museum's vice president, sits beneath a canopy of redwoods in late October while scrolling through his phone for photographs he took of hawks in flight and a close-up of a mountain lion. A pair of blue jays fly branch to branch nearby. He closes his eyes and sits silently for a moment to absorb their presence.

The museum, which rests on a historic Miwok village site, hosts lectures, poetry readings and classes that explore the history and culture of Native Americans in California, as well as rotating art exhibits. Frank's artwork currently hangs on five walls on the museum's second floor: Block prints of animals, geometric designs with hidden images and acrylic woodpeckers painted against the backdrop of Frank's native Yurok colors. The vast array of works is special. Frank created most while in prison.

It's difficult to imagine Frank having been incarcerated. His deep appreciation of nature and willingness to cry openly when discussing the trauma in his past belie stereotypes. But in 1993, when Frank was 19 years old, he participated in a drive-by shooting at the Bayshore Mall

and was charged with attempted murder and shooting into an inhabited dwelling. Although he wasn't the shooter or the driver, he was sentenced to serve 29 years to life in prison. After spending nearly two years in the Humboldt County jail, he hit reception at San Quentin State Prison and bounced from prison to prison for nearly two decades as a lifer.

Frank says he was lost as a teenager and found solace with a gang. It was the first time he fit in, after a childhood spent drawing G.I. Joes and Transformers to replace the friends he didn't have. It wasn't until prison that he found a positive identity in the classroom of a William James Association Arts in Corrections program at San Quentin. Today, he works for the very same organization that gave him the opportunity in prison to earn the title of master artist.

And with California's jail populations changing as a result of prison realignment, Frank can be seen as a kind of poster child for a movement to bring the Arts in Corrections program into county jails, including Humboldt's.

Retired Humboldt County Chief Probation Officer Bill Damiano says these are the types of programs needed for inmates to change their behaviors. Without them, he says, people will just end up back in the system.

"The myth of just locking someone up so the problem goes away is ridiculous because the person won't change," Damiano says. "You can't just punish behavior away. ... You have to actually work with them and provide them opportunity."

The Arts in Corrections program does just that and studies have shown it to improve inmate behaviors, which is needed in county jails as inmate populations change, according to William James Association Executive Director Laurie Brooks, who hired Frank. She says the classes bring an energy that builds self-esteem.

"It helps them feel better about themselves and in virtue feel better about the people around them," Brooks says.

Frank experienced this through block printing, book binding and, perhaps most importantly, the ability to let his guard down, even if for a short while. The classroom was a sanctuary, he says, where people of all races and backgrounds could leave their differences at the door and just focus on art.

And this wasn't unique to Frank, according to Larry Brewster, an author and professor emeritus at the University of San Francisco who has studied how prison art programs improve inmate behavior. The classrooms, Brewster says, offer a place where students can feel safe and welcome, and a chance to be seen as

artists rather than gang members.

"That just means so much to them and really brings me often to tears when they talk about being in that space as helping," Brewster says.

California has been at the forefront nationally in establishing art programs inside prisons thanks largely to Arts in Corrections, the product of a 40-year partnership between the California Arts Council and the California Department of Corrections and Rehabilitation. This first-of-its-kind program contracts with organizations like the William James Association to teach art inside prisons and now has classrooms inside all 35 California prisons. A pilot program is currently being implemented in 15 county jails throughout the state, with the Humboldt County jail poised to become the 16th as local artists work to get it up and running.

In 2011, a federal judge ordered California to reduce its prison population, finding overcrowded facilities constituted cruel and unusual punishment, a violation of inmates' rights under the Eighth Amendment. At the time, some prisons were at 300 percent capacity, with mentally ill inmates crammed into small holding cells, gyms overflowing, and dayrooms and hallways used to house prisoners. In 2006 the prison population reached its peak

of 165,000 inmates — nearly double the 85,000 it was built to house. In response to the court order, the California Legislature passed Assembly Bill 109, known as “public safety realignment.”

This legislation moved lower-level felons from the state’s custody to counties’, ordering that non-violent, non-serious offenders serve their sentences in county jails instead of state prisons. Before realignment, the maximum sentence someone served in a county jail was one year but sentencing is now indefinite under the new law. In 2013, the California State Sheriff’s Association reported that 1,100 inmates in county jails were serving sentences of five to 10 years, with another 44 facing sentences of more than a decade. The longest sentence reported was 43 years.

Although the state’s prison population dropped by 20,000 inmates in the year after realignment, county jails saw an increase of 10,000, bringing the state’s jail population to 82,000 and pushing many jails past capacity. According to Prison Policy, 13 of California’s 35 prisons are still over capacity. In 2014, California voters passed Proposition 47, which was aimed at further reducing the prison population by making a host of felonies misdemeanors, which added to the strain on local jails.

Realignment has had a large impact in Humboldt County. Last year, the Humboldt County Civil Grand Jury reported that the jail has seen a surge in violence, gang activity, prison mentality and racial segregation in the wake of realignment. The report states that since 2011, fights between inmates and attacks on staff have surged. In 2015, the jail saw a record

high of 39 inmate assaults on staff and the rates of such assaults nearly quadrupled between 2015 and 2017 compared to the prior six years. The grand jury’s report also found that the jail was offering inadequate mental health services, including long-term plans for inmates with extended sentences. According to the report, it also lacked rehabilitative services, like program offerings.

“The problems with most jails is they weren’t built for all the programming,” Damiano says, noting that jails generally weren’t constructed to house people for extended sentences. “I think we need more program space, evidence-based programs and cognitive behavior programs. But they have to have actual appropriate space to do that.”

If anyone knows the impacts of realignment in Humboldt County, it’s Damiano. He worked with the probation department for 30 years and was part of a state-wide team that worked with then-Gov. Jerry Brown on implementing A.B. 109.

Humboldt County organized before realignment to prioritize rehabilitative services, according to Damiano. When A.B. 109 went into effect, the state distributed \$4.4 billion to counties to help fund community-based solutions. Damiano says Humboldt County was spending \$1.5 million for drug and alcohol treatment but the number has since decreased to around \$400,000 as other costs have gone up and eaten into the budget. This meant sending more people to treatment centers and using evidence-based practices instead of keeping people in jail.

“We pushed hard on our rehabilitative

Continued on next page »



Henry Frank’s artwork hangs on five walls in Marin’s Museum of the American Indian in Miwok Park.



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Left: With the Humboldt County jail's population changing under California's prison realignment laws, Administrative Sgt. Delia Garcia (left) and Programs Coordinator Stephen Logie have been focusing more attention and resources on rehabilitative services. Right: Rob Diggins (left) teaches a yoga class, a favorite of some inmates, inside the Humboldt County jail.

services because A.B. 109 people were mainly drug addicts and committing property crimes. We spent a lot more heavily on human and health services and rehabilitative services than other counties," Damiano says, noting that some counties spent a lot of their realignment funds on sheriff's departments and enforcement. "We have always been more liberal."

Damiano says he thinks conditions in the jail under realignment will improve but it will take some time. The Arts in Corrections program will be a good thing, he says, adding that there was a similar program in the juvenile hall that was successful.

When Frank was in the jail in the 1990s, there was hardly any programming or rehabilitative services. The jail back then was comprised of dimly lit single cells that Damiano likens to "going to the zoo." Now, most of the jail's inmates live in open dormitories designed to foster more interaction and create a milder setting. And programs are more prevalent today than ever before. Jail Administrative Sgt. Delia Garcia says realignment has pushed staff's attention toward rehabilitative services, noting that the program coordinator is a permanent — and much more important — position now.

"[During realignment], you had all the people that came out of prison and back to county but there weren't any programs in place," Garcia says. "What's great now is we are in a spot that we can have these different programs and really push that to the limit as much as we possibly can."

The jail is now offering classes and programs daily, with much of it reliant on community volunteers. College of the Redwoods offers non-credit classes that

teach life skills and prepare inmates for the workforce. There are also courses in anger management, computer literacy and a GED equivalent throughout the week, as well as programs focused on resume building, parenting skills, meditation and yoga. Inmates also have support groups, like Narcotics Anonymous and Alcoholics Anonymous. There's even a pilot poetry program offered in every unit.

But the lack of physical space is a limiting factor, according to Damiano and Garcia.

The jail has only two rooms available, with one purposed for yoga and meditation. Garcia says a jail expansion project expected to break ground in March is aimed, in part, at alleviating the constriction.

"A big part of the expansion will be our rehabilitative program section," Garcia says. "Music, theatre and art is absolutely something we would love to see in here. It's a long process but I know that we're getting closer to that."

Julie McNiel, William James Association's liaison to Pelican Bay State Prison, has been communicating with Garcia for the past year about establishing the Arts in Corrections Jails Project. McNiel, a local visual artist who teaches in Pelican Bay and coordinates other artists who work inside the prison, taught an eight-week painting class in the jail a few years ago and has since been wanting to mirror what Pelican Bay offers inside the jail. This would include visual art, music, theatre and writing. An important element to the Arts in Corrections program is that all its teaching artists are compensated and not just volunteering.

"When we went in and did the painting class, it was all enthusiasm and the en-

ergy was incredible," McNiel says of her students in the jail. "They got right into it and I could feel the oppression of the environment and then the release through the process of people painting like a light turning on."

McNiel is working with other artists to create an MOU needed to get the arts program started. Both Garcia and the Humboldt Arts Council are on board and the next step for this year is finding funding and presenting to the Humboldt County Board of Supervisors.

For McNiel, this program is about empowering students. She would like to see more people like Frank get involved with programs like Arts in Corrections, noting there's no one better to go teach inside a locked facility than someone who served time in one.

"The main point is to give people a voice and pass the baton to people getting out who have gone through trauma," McNiel says. "The art program has been ... very successful in giving people a voice and opportunity for expression. It develops skills and connects people to family and other educational opportunities. There is something about art that is very universal."

Frank was born and raised in Humboldt County, his father of Yurok and Pomo ancestry and his mother Black Dutch and Spanish. Shortly after birth, his grandmother enrolled him with the Yurok Tribe. Frank's parents split up when he was 5 years old and he and his younger brother went to live with his mother in Hoopa. The move didn't last long because of his mother's heroin addiction.

"I had to learn to cook and take care of my brother because she was always high,"

Frank says of his early childhood. "I only had three sets of clothes and that's it. For me to make friends, they probably would have made fun of me and I thought I was better off hanging out by myself."

His mother's addiction forced Frank and his brother into the foster care system for a stint before they moved in with their father in Eureka. Frank says he was "pretty much a nerd," collecting insects, drawing and generally keeping to himself. He wasn't allowed to go to other classmates' houses and he was too embarrassed to invite them to his because his family was on welfare. Other than his father, all his family members abused alcohol and drugs in one form or another, he says.

When Frank turned 12, his mother got sober and was able to provide some of the stability Frank was missing in his younger years. He decided to live with her when his father moved to San Francisco. In high school, he had a friend who was in a Mexican gang and because Frank never felt like he belonged anywhere, he says he wanted to join. But the gang turned him down, saying he "wasn't cut out for it." Instead of taking their rejection, Frank started his own gang looking for an identity and a sense of belonging.

"That was one of the things that made it inviting," Frank says. "I was just known as Henry. I wasn't someone's grandson, or Ricky's son, or Tom's brother or so and so's nephew. I was just me. It felt like a respected title."

While Frank's gang life only lasted two years, what it lacked in time it made up for in determinant momentum. He invested all his time to gang activity and was well-known by local police by the time he was arrested for the drive-by shooting and his life came to a crossroads. A cousin who



Left: With the Humboldt County jail's population changing under California's prison realignment laws, Administrative Sgt. Delia Garcia (left) and Programs Coordinator Stephen Logie have been focusing more attention and resources on rehabilitative services. Right: Rob Diggins (left) teaches a yoga class, a favorite of some inmates, inside the Humboldt County jail.

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Frank chose to return to his Yurok roots.

In the ensuing years, he took full advantage of the limited opportunities available in prison. He enrolled in college and took every self-help course he could. Because of his crime and gang affiliation, he was sent to Corcoran State Prison, a high-level security prison in Kings County. Then came Arts in Corrections.

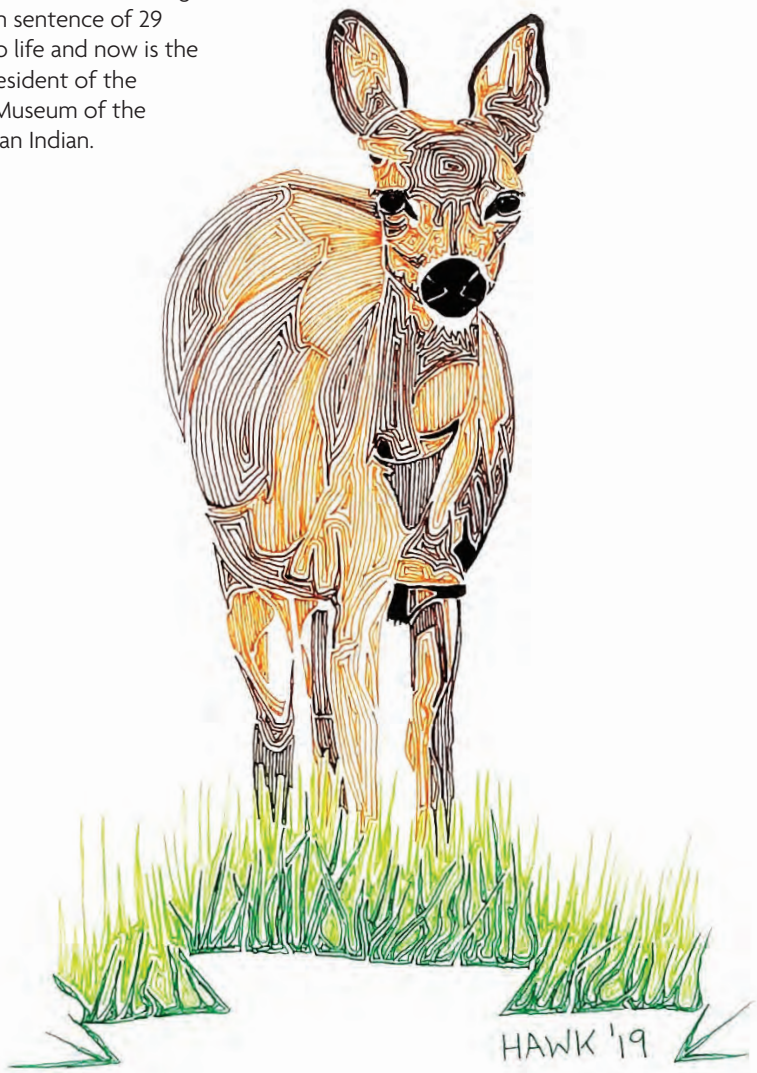
"Getting involved with the arts program is what saved my life on the level three yard," Frank says. "Roy Gilstrap was a water colorist and taught me how to watercolor."

Frank was eventually transferred to a lower level yard in San Quentin. It was there that he really blossomed into the artist he is today. He took every art class and became the Arts in Corrections clerk, setting up the classes, making sure art utensils were returned and filing paperwork. His artwork won awards outside the prison and, soon, he was an artist apprentice helping other students.

"What Arts in Corrections did for me, which I didn't know at the time, was give me a space to let my walls down," Frank says. "When I went into this space, race was out the door. Artists were all artists and we helped each other. Outside of that room you couldn't do that because there are laws and rules [in prison]. But inside, you broke all that stuff down and we could collaborate together with everything."

This breaking down of segregation is what Brewster, the professor who studied prison art program impacts, observed as one of the program's primary benefits. Brewster conducted a cost-benefit study in 1983 that detailed the merits of these programs. The report, which came to be known simply as "The Brewster Report," was the first to quantify the programs' benefits and helped fuel their growth. Commissioned to provide information to the state Legislature and CDCR that would help

Artwork by Frank Henry, a Yurok man who became a master artist while serving a prison sentence of 29 years to life and now is the vice president of the Marin Museum of the American Indian.



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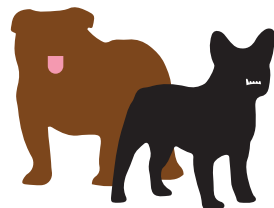
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study found a litany of benefits, most notably improved inmate behaviors, which decreased costs in a variety of ways. More than three decades later, CDCR spends \$8 million annually on arts programs.

"The best evidence to indicate that the AIC program does improve attitude and behavior of inmates is the reduced number of disciplinary reports among those participating in the program," the report found. "We know that in some cases a better relationship is formed between staff and AIC inmates based on interviews ... any reduction in stress is important because of the costs associated with stress related illness and resignations."

The Brewster Report not only found that Arts in Corrections was indeed cost beneficial but it also improved self-confidence, self-discipline and reduced tension in the institution, all of which Frank says he experienced as an art student in prison. Brewster found reducing tensions in the prison decreases the likelihood of damage to the prison and injuries to prisoners and staff. He also found broader benefits to society as a whole, like inmates earning money for their families by selling their work and finding employment after their release.

"The study was a year long that, unbeknownst to me, had legs of its own," Brewster says. "It not only helped get Arts in Corrections funding but it also helped other fine arts programs in other state prisons get funding."

Brewster has written multiple books on the intersection of policy and social justice, as well as the Arts in Corrections program itself. He has interviewed dozens of returned citizens, like Frank, about the impacts the program had on them. Brewster modestly says the study wasn't such a great report "but it was the only one in the country." Decades later, it has been used by other states, including New York and Florida, to start prison arts programs and is still the go-to study on the subject.

"One of the findings in '83 that is most often cited when asking for money is I discovered a significant reduction of disciplinary action with people in the arts programming versus those who weren't," Brewster says. "My findings have consistently shown in the prisons where people participate in arts programming that it helps with their intellectual flexibility, the ability to think creatively and outside the box."

More recently, Brewster was asked to do a similar study on the Arts in Corrections County Jails Project pilot program started by the California Lawyers for the Arts and the William James Association in 2014.

Brewster's report found the pilot pro-

gram effective, and includes praise from correctional officers.

"This project brought different groups of inmates together who might previously have had nothing in common with one another; this class left them as friends," said one.

"Jail politics seemed to dissipate whenever they were in class and everyone was viewed as equal," said another. "This is not typical throughout the jail facility or in many other classes."

The report also notes that the Contra Costa County Sheriff's Department viewed the Arts in Corrections as being so successful that when the program's funding ran out two months early, it took money from its own budget to keep it going.

"What I have found overwhelmingly and constantly in the many years evaluating the prison art programs — and what we are finding in the jails program — is the ability of the arts programming to bridge racial divides between inmates of different colors and backgrounds," Brewster says.

In 2012, Frank went to his first parole hearing and was found suitable for release. He's been out for six years and is constantly on the move. Not only does he have a day job in addition to serving as vice president of the museum, but he is also married, part of the emerging Pomo artists exhibit in Santa Rosa and frequently travels to speak at middle schools, high schools, universities and law schools. He's also perpetually creating art for his business, RedTail Art. But he says he still considers his greatest accomplishment to be the title of "master artist" bestowed on him by the teacher he assisted while in prison. He tears up when talking about it, explaining that the title placed him on a level he worked decades to achieve.

And today, through his role with the William James Association, Frank teaches the same teachers who made such a marked impact on his life, showing them how to act appropriately inside a prison to touch lives like his.

"The Arts in Corrections space was so important to everyone because it made us work together and we were no longer imprisoned in our heads," Frank says. "I'm looking forward to [finally teaching a class] and I'm sure it's going to be positive but bittersweet at the same time. Just walking through that gate and knowing they can't will hurt. But being out and then going back in is when you touch lives." ●

T. William Wallin is a senior at Humboldt State University majoring in journalism and minoring in Eastern religious studies. He is also a poet and freelance reporter.



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Gone After Dinner

Marcelli's Italian Restaurant shuts down

By Jennifer Fumiko Cahill

jennifer@northcoastjournal.com

Cork-down wine bottle chandeliers light Marcelli's Italian Restaurant from the chipped green linoleum counter on one side to the corner that was once walled off during the spot's time as an Italian deli but is now decorated with framed news articles. Outside the front windows, cars flash by on Fifth Street's three lanes as a tall grim-faced man makes his way out of the shop and down the sidewalk with a 2-foot stack of ravioli and take-out boxes. A few regulars cheerfully hassle another man coming through the door.

"You're not welcome here," one calls, earning a smile and wave from the man.

The server adds, "Actually, we're closed," and he buys it just for a second before everyone breaks out laughing.

It's Thursday, Jan. 2, and the small restaurant run by the family that's been making ravioli in Eureka for 90 years will close for good the following day after dinner service. While the ravioli will still be made in the back and shipped to stores for at least a little while, long time customers and curious newcomers are ordering boxes at the register before they're gone.

The ravioli — soft 1-inch squares of white durum wheat dough filled with finely ground meat or cheese — and the accompanying containers of sauce are made according to the same recipe Attilio Marcelli used when he started making it in 1911. According to family research, Marcelli immigrated from Olivola, Italy, a northern town between Milan, Genoa and Turin, through New York's Ellis Island in 1909 on a ship named *The Chicago*. From there, they say he traveled to Pennsylvania and eventually California, landing in Eureka and

partnering on a ravioli factory with two other men. According to family lore, when the partners offered to buy him out at a lowball price, he countered and bought their shares. Eventually Attilio Marcelli's sons, Gino and Danny, took over the factory, which moved to Third and G streets around 1927. (This meant passing into the "North of Fourth" zone from which Italians were banned during World War II due to proximity to the harbor and fear of spying or sabotage, but, according to the family, the local police knew Attilio and let him pass.) When Danny left, Gino ran it with his son Angelo. Now Angelo and his son Mike run the business Mike's great-grandfather started.

Sitting shoulder to shoulder at the counter, Angelo and Mike scoff at "egg noodles" and extoll the pedigree of their long-cooked "gravy" sauces: the "restaurant sauce," which is dark and meaty enough to be mistaken for chili at first glance, and the lighter "store sauce" dotted with ground meat. Both are earthy and salty with a hint of nutmeg, and for loyal customers, they represent old-school, homestyle Italian cooking. "People move out of the area and we ship to them," says Angelo's wife, Roberta Marcelli. "A lot of our customers have," she lowers her voice, "passed away. A lot of them are older." But she's quick to add that younger folks are drawn in by the newer dishes and the family atmosphere, evidenced by the basket of children's toys in the corner.

But the ravioli and gravies are the cuisine of another era and reviews, online and word of mouth, ricochet between devotion and scorn (though the service is universally praised). And what is a homey and

familiar dining room to some is simply run-down to others. None of this seems to affect their loyal following, for whom news of the restaurant's closure was met on Facebook with despair worthy of a tragic Greek chorus.

It's not a lack of customers that led the family to decide back in May to shut down, says Mike Marcelli. "If we could find help to cook, we'd still be doing it," he says.

While they've had additional cooks for years at a time, the Marcellis have mostly been in the kitchen themselves. After a stint as a deli from 1953 to 1973, the space was converted into a restaurant with a few tables and Angelo did the cooking in the roughly 8-by-10-foot kitchen that once served as an office. Roberta, who worked for 34 years for California Children's Services, would come in after work and cook for the evening shift. Sometimes she'd cover a lunch so Angelo could take a break. After a brief retirement, she was back in the tiny, chaotic space, working, as she is today, with six pots over four burners on one side and keeping an eye on the blackened stove on the other side, where one tall pot bubbles with sauce and a mountain of meatballs rises from another.

"She's been the driving force behind the restaurant and the catering, too," says Mike, adding that she created the bulk of the menu like the pesto and alfredo pastas. But after 44 years in the kitchen, Roberta,



Gino Marcelli making ravioli with the same dough breaker machine the family business uses today. *Courtesy of Mike Marcelli*

who's cooking today with a leg brace after surgery for a torn ligament, is ready for retirement.

Finding reliable help has become more difficult lately, says Angelo. "Nobody wants to work," he says, swiping his hand over his white push-broom mustache. He says the restaurant went through three cooks in a matter of months. "One went on a 10-minute break and I haven't seen him since."

Mike says it was either close now or in another four years at the most anyway, and his parents would like to travel and enjoy life. What will happen to the building, which the Marcellis own along with the one next door that houses a gun range (they say you can only hear shots once in a while), is something they're not commenting on just yet. Asked if they'd sell the business if a sweet enough offer came in, Mike is cagey, only saying they have a number in mind. But Angelo says yes. "If the price is right," he says, "we'd be gone after dinner." ●

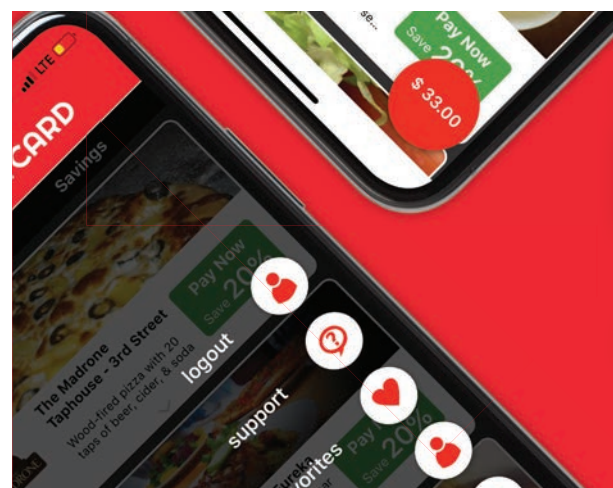
Jennifer Fumiko Cahill is the arts and features editor at the Journal and prefers she/her. Reach her at 442-1400, extension 320, or jennifer@northcoastjournal.com. Follow her on Twitter @JFumikoCahill.

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Dust into Dust

By Collin Yeo

music@northcoastjournal.com

In 1859, when Edward Fitzgerald published his English translation of the collected poetic quatrains attributed to Omar Khayyam, the Persian polymath from what is now Northeastern Iran had already been dead for more than seven centuries. *The Rubaiyat* was a popular hit with a Victorian English audience thirsting for the romantic Orientalism Edward Said would so brilliantly dissect a century later in his work about the Western relationship with the so-called Far East. Point of fact, people in the Western World have been misunderstanding, fetishizing and inflicting war upon the various peoples of Europe-adjacent Asia for the entire (relatively short by comparison) history of the West. That Omar Khayyam, who lived in the time of the First Crusade, is as recent a figure in the general timeline of Persia, relatively speaking, as Kurt Cobain is in the timeline of American culture should give you a sense of how deeply ancient the history of that part of the world is. And even though I suspect that I am — along with anyone else picked at random by throwing a shoe into a crowded bookstore — more qualified to talk about the politics of Iran than our president, I won't. I do know that I am not qualified to talk about Iran's culture, as that would require a life of study, maybe more. I will say that losing any amount of that culture, and any of its people who are together daily making new verses therein, would be an incalculable loss for all of us. Just as the bushfires in Australia are a disaster beyond imagining for the natural world, bombing Iran would be many magnitudes worse than the burning of the Library of Alexandria for humanity. It cannot be allowed to happen. We must reject it completely.

The 23rd quatrain of the *Rubaiyat* goes like this:

"Ah, make the most of what we may
yet spend,

Before we too into the Dust descend;
Dust into Dust, and under Dust, to lie,
Sans wine, sans Song, sans Singer, and
— sans End!"

If you hear those words of that long-gone poet rise from the dead and feel an urgency to make all that you can out of our brief time in the sun, I ask you: How can you waste any time desiring the annihilation of people you don't even know? Last week I suggested that we should all make the right decisions this year. Is there any room for war in those plans?

No.

Thursday

Zion I is the two-decade-plus hip hop project of Steve Gaines, aka Baba Zumbi.

Tonight at 9:30 p.m. the Oakland-area producer and MC returns to Humbrews to bring his formidable corner of the Bay Area style that gets so much play up here, from coevals Living Legends to older heroes like Too \$hort. Expect a full house with a good amount of dancing and strong lyrical work (\$25, \$20 advance).

Friday

The Miniplex at Richards' Goat is hosting another free local music showcase at 10 p.m. tonight. The three groups on display this evening are all new to me so I can't offer much in the way of description other than to say that the names are compelling and these shows are usually well attended and fun. If you have any interest in hearing what **Ramekin**, **Over Yonder** or **Goblins Club** sound like, you know what to do.

Saturday

There's a benefit tonight for the Arcata Playhouse and its various programs over at the Ten Pin Building tonight at 8 p.m. (\$15/\$13 students and Playhouse members). Pupusas, tacos and tamales will be provided by Centro Del Pueblo, and drinks will also be available. However, the center of the evening will be an open dance floor, music by the **Latin Peppers**, all in a building that hasn't seen regular music shows in the two decades since the Pin Room lay inside the belly of the old cultural institution known as Arcata Bowl. A new frame awaits.

Sunday

2019-minted Livermore, California, Celtic folk duo **The Unquiet Grave** makes a stop on its West Coast tour in Eureka tonight to play a free one over at Old Town Coffee and Chocolates at 6 p.m. Expect popular medieval folk tunes as well as originals from the Grave's debut record *Ballads of Olde* sung by members Elise Ebbinghaus and Randal Krieger and accompanied by traditional Celtic instruments. I have even heard that Robin Hood makes an appearance to lend some knavish inspiration.

Monday

Locals-no-more **Dimboi** return from the wilds of NYC with another returning act **Shake The Baby Till The Loves Comes Out** (nope, that name still hasn't grown on me but I have a terrible joke about it that I will



Crybabe plays the Siren's Song on Tuesday, Jan. 14 at 8 p.m.

Courtesy of the artists

share with fans and friends in private), to punch out an evening of groovy weirdo rock with **Quenten Wall**. The venue is the Miniplex, the time is 9 p.m. and the price is \$5 if you've got it, but no worries if you don't.

Tuesday

The Arkley Center for the Performing Arts is hosting the **Super Stars of the Blues Harmonica**, featuring **Magic Dick**, **Duke Robillard**, **Jerry Portnoy** and the man I'm most stoked for, founding member of sublime funk wonderhouse **War**, **Lee Oskar** at 7 p.m. (\$49).

If you want something a little cheaper with less mouth harp, the Siren's Song is hosting an Outer Space show with Portland trio **Crybabe**, recent Humboldt synth dance transplants from Chicago **Zigtebra** and local sweeties **Blood Hunny** at 8 p.m. (\$5-\$20 sliding scale). This show will likely be a blend of dancing and alt-folk rock bopping. **DJ Rosé** provides the bedroom beats.

Wednesday

Midwestern speed rapper and Strange Music Records magnate **Tech N9ne** rolls into the Sapphire Palace of the Blue Lake Casino this evening at 9 p.m. (\$39-\$49). Along with labelmate and fellow Kansas City, Missouri, native **Krizz Kaliko**, as well as local rapper **1Ton** from Potluck fame, Tech N9ne is likely going to throw a lively and dynamic show.

Full show listings in the Journal's Music and More grid, the Calendar and online. Bands and promoters, send your gig info, preferably with a high-res photo or two, to music@northcoastjournal.com.

Collin Yeo will never stop praying for the downfall of the glutting war maggots pulsating in the veins of our wounded democracy. He lives in Arcata and prefers he/him pronouns.

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Music & More

ARCATA & NORTH

VENUE	THUR 1/9	FRI 1/10	SAT 1/11	SUN 1/12	M-T-W 1/13-15
ARCATA THEATRE LOUNGE 1036 G St. 822-1220		<i>Clerks</i> (1994) (film) 8pm \$5		<i>Harry Potter & the Sorcerer's Stone</i> (2001) (film) 8pm \$5	[W] Sci-Fi Night: <i>Dragonslayer</i> (1981) 6pm Free w/\$5 food/bev
THE BASEMENT 780 Seventh St., Arcata 826-2345	Dogbone (jazz) 8pm Free	PD3 (jazz) 9pm Free	Bill Allison (jazz) 9pm Free		
BLONDIES FOOD AND DRINK 420 E. California Ave., Arcata 822-3453	Open Mic 7pm Free			Jazz Jam 6pm Free	[W] Latin Dance Night 9pm
BLUE LAKE CASINO WAVE LOUNGE 777 Casino Way, Blue Lake 668-9770		Undercovers (covers) 9pm Free	The Uptown Kings (jump, swing blues) 9pm Free	Karaoke 8pm Free	[W] Sapphire: Tech N9ne (hip-hop) 9pm \$39-\$49
CENTRAL STATION SPORTS BAR 1631 Central Ave., McKinleyville 839-2013		Karaoke w/Rock Star 9pm Free			[W] Karaoke w/Rockstar 9pm Free
CHER-AE HEIGHTS CASINO FIREWATER LOUNGE 27 Scenic Drive, Trinidad 677-3611		Irie Rockerz (reggae) 9pm Free	Eyes Anonymous ('80s hits) 9pm Free		[W] Karaoke w/DJ Marv 8pm Free
CLAM BEACH TAVERN 4611 Central Ave., McKinleyville 839-0545	Frank and Friends (blues, folk, ballads) 6-8pm Free			Anna Hamilton (blues) 6pm Free	
FLDDBROOK MARKET 4636 Fieldbrook Road 633-6097		Live Music 7:30pm Free			[T] Trivia Tuesday, 6-8pm [W] Cornhole tournament 6pm \$10 buy-in
THE GRIFFIN 937 10th St., Arcata 825-1755		Arts! Arcata - After Party 9pm Free	Soulful Saturdays at The Griffin w/DJ L Boogie 9pm Free		
HUMBOLDT BREWS 856 10th St., Arcata 826-2739	Zion I (hip-hop) 9:30pm \$25, \$20		Club Triangle: Broadgay (drag) 9pm \$10		

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VENUE	THUR 1/9	FRI 1/10	SAT 1/11	SUN 1/12	M-T-W 1/13-15
THE JAM 915 H St., Arcata 822-4766					[T] Top Grade Tuesdays Dancehall Reggae, DJ RealYouth, Cassidy Blaze 10pm \$5 [W] Trivia Night 6pm, Whomp Whomp Wednesdays 10pm \$5
LARRUPIN CAFE 677-0230 1658 Patricks Point Dr., Trinidad		Blue Lotus Jazz 6-9pm Free		Tim Randles Jazz Piano 6-9pm Free	[W] Dogbone (jazz) 6pm Free
LOGGER BAR 668-5000 510 Railroad Ave., Blue Lake		Vinyl Richie (DJ music) 9pm Free			[T] Old Time Music Jam 8pm Free
MAD RIVER BREWING CO. 101 Taylor Way, Blue Lake 668-4151	Fred & Jr. (swing jazz) 6pm Free	Firesign (folk, classic rock) 6pm Free			[T] The Tidepool High Divers (country western) 6pm Free [W] Piet Dalmolen (solo guitar) 6pm Free
THE MINIPLEX 401 I St., Arcata 630-5000	Goat Karaoke 9pm Free	Ramekin, Over Yonder, Goblins Club 10pm Free		Goat Karaoke 9pm Free	[M] Dimboi, Shake The Baby Til The Love Comes Out, & more 9pm \$5 [T] Democratic Debates VII 5-8pm Free
NORTHTOWN COFFEE 1603 G St., Arcata 633-6187		Open Mic 6pm Free		Two Mic Sundays (comedy) 5pm Free	[T] Spoken Word Open Mic 6pm Free
OCEAN GROVE COCKTAIL LOUNGE 480 Patrick's Point Dr., Trinidad 677-3543					[M] Rudelion DanceHall Monday 8pm \$5
REDWOOD CURTAIN BREWING CO. 550 South G St., Arcata 826-7224	Buddy Reed & the Rip-It Ups (blues) 8pm Free		The Dank (Americana, Tex-Mex) 8pm Free		[M] Mad Libs Redwood Curtain Style 7pm
SIDELINES 732 Ninth St., Arcata 822-0919	DJ Dance Party 10pm	DJ Dance Party 10pm	Dance Party w/ DJ Pressure 10pm		
SIX RIVERS BREWERY 1300 Central Ave., McKinleyville 839-7580	Meadow Maker (experimental shoegaze) 8pm Free		The Movers and The Shakers (rock, blues, funk) 8pm Free	Trivia Night 8pm	
TOBY AND JACKS 822-4198 764 Ninth St., Arcata	DJ Dance Party TBA	Dance Party w/DJ Masta Shredda TBA	Dance Party w/DJ Masta Shredda TBA		[W] Old-school Hip Hop w/DJ Hal TBA



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EUREKA & SOUTH

Arcata and North on previous page

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VENUE	THUR 1/9	FRI 1/10	SAT 1/11	SUN 1/12	M-T-W 1/13-15
ARKLEY CENTER FOR THE PERFORMING ARTS 412 G St., Eureka 442-1956					[T] Super Stars of the Blues Harmonica 7pm \$49
ARTS & DRAFTS 422 First St., Eureka 798-6329	Sip n Knit (potluck for knitters) 5:30-8:30pm	Pre-game Game Night Music TBA 5-10pm Free	Karaoke Hosted by KJ Jo 6-10pm		
BEAR RIVER CASINO RESORT 11 Bear Paws Way, Loleta 733-9644		DJ Wuale (merengue, bachata, raggaeton) 9pm Free	Cold Blue Water (blues, rock, jazz) 9pm Free		
BRASS RAIL BAR & GRILL 3188 Redwood Dr., Redway 923-3188	Pool Tourney 8pm				[T] Karaoke 9pm [W] Open Mic/Jam session 7pm Free
DOUBLE D STEAK & SEAFOOD 320 Main St., Fortuna 725-3700			Anna Hamilton (blues, humor) 6-9pm Free		
GALLAGHER'S IRISH PUB 139 Second St., Eureka 442-1177	The Gatehouse Well (folk, Celtic) 6pm Free			Open Irish/Celtic Music Session 3-6pm Free	
GYPPO ALE MILL 986-7700 1661 Upper Pacific Dr., Shelter Cove	Triva Night w/Davey G 6pm Free				
MADRONE BRICK FIRE PIZZA AND TAPHOUSE 421 Third St., Eureka 273-5129					[W] Trivia 6pm
OLD TOWN COFFEE & CHOC. 211 F St., Eureka 445-8600	Open Mic w/Mike 6:30pm	Friday Night Improv Show 7pm Free		The Unquiet Grave (Celtic) 6pm Free	[M] Improv Show 6pm Free
PALM LOUNGE - EUREKA INN, 518 Seventh St., Eureka 497-6093	Cocktail Piano 6-8pm Free The Color of Jazz 8-11pm Free	Cocktail Piano 6-8pm Free Bradley Dean (country, rock) 8pm Free	Cocktail Piano 6-8pm Free, Claire Bent & Citizen Funk (soul, funk) 9pm Free		[T] Buddy Reed (solo blues) 7:30-10pm Free [W] Cocktail Piano 6-8pm Free
PEARL LOUNGE 507 Second St., Eureka 444-2017		DJ D'Vinity (hip-hop, dance remixes, trap) 10pm Free	DJ Statik (Hip-hop, trap) 10pm Free		[W] The Gatehouse Well (folk, Celtic) 6pm Free



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PHATSY KLINE'S PARLOR LOUNGE 139 Second St., Eureka 444-3344	Laidback Lounge feat. Goldyllocks 9:30pm Free	Jenni and David & The Sweet Soul Band (blues) 7:30pm Free	Jim Lahman Band (blues, rock, funk) 7pm		[M] Trivia Night 6:30pm [T] Samantha Church (soul folk) 7pm Free [W] Jeff Krider (acoustic, fingerstyle) 6pm Free
SAVAGE HENRY COMEDY CLUB 415 Fifth St., Eureka 845-8864	The Savages of Comedy 8pm \$10	Eliot Chang 9pm \$10	Eliot Chang 9pm \$10	Two Mic Sundays 9pm Free	[M] Monday Night Pod 7-11pm Free [W] Trivia 9pm \$5
THE SIREN'S SONG TAVERN 325 Second St., Eureka 442-8778	The Humboldt Poetry Show 7:30pm \$5				[T] Crybabe, Zigtebra, Blood Hunny, DJ Rosé (punk, pop) 8pm \$5-\$20
THE SPEAKEASY 411 Opera Alley, Eureka 444-2244		Live Jazz and Blues 9pm Free	Jenni & David and the Sweet Soul Band (funk, soul and blues) 9pm Free		[T] Opera Alley Cats 7:30pm Free [W] Buddy Reed and the Rip it Ups (blues) 7:30pm Free
STONE JUNCTION BAR 923-2562 744 Redway Dr., Garberville	Upstate Thursdays 10pm		Beats and Rhymes hip-hop w/Just One and JRiggs 10pm		[M] Pool Tournament 8:30pm \$10 buy-in
VICTORIAN INN RESTAURANT 400 Ocean Ave., Ferndale 786-4950		Jeffrey Smoller (solo guitar) 6pm Free			
VISTA DEL MAR 443-3770 91 Commercial St., Eureka					[T] Blues Tuesdays 7pm Free [W] Karaoke Nights 9pm Free



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Calendar

Jan. 9 - 16, 2020



Photo by Andria Townsend, submitted

Every so often, the **Sequoia Park Zoo** offers free conservation lectures that add to the wonderful value of the zoo's presence in our area. Take advantage of the expertise at the next lecture **Wednesday, Jan. 15** when Andria Townsend, Humboldt State University wildlife grad, presents **On Fishers and Squirrels at 7 p.m.** in the **Flamingo Room** (free). Come early to meet Andria and join a reception beginning at 6:30 p.m.



Mark Hummel, submitted

Blues lovers, get ready for Magic Dick. The original harmonica man from the J. Geils Band and a host of other **Super Stars of the Blues Harmonica** blow their horns **Tuesday, Jan. 14 at 7 p.m.** at the **Arkley Center for the Performing Arts** (\$49). The all-star lineup includes Dick, Lee Oskar and Jerry Portnoy plus ringleader Mark Hummel as MC, as well as guitarist Duke Robillard of the Fabulous Thunderbirds.



Shutterstock

Planning your wedding/event is the fun part, right? See what more than 30 local vendors have on hand or up their sleeve to help you get the job done at the **19th annual Wedding & Event Faire on Sunday, Jan. 12 from 1 to 4 p.m.** at **Fortuna River Lodge** (\$10). Bring your squad.



Submitted

You Should Be Dancing, Yeah

These cold January nights call for some warming up. You could tack a few dollars onto your utility bill or you could burn that money for a good cause while working up a sweat dancing to the North Coast's favorite Latin dance band, the Latin Peppers.

The Latin Peppers Dance Party happening **Saturday, Jan. 11 at 8 p.m.** at the **Ten Pin Building** (\$15, \$13 students/Playhouse members) is a night of hot, hot, hot music and dancing, plus spicy good eats and drinks all benefiting the Arcata Playhouse programs. Comprised of veteran North Coast musicians, the Latin Peppers are led by Jimmy Durchslag on trombone and arrangements with Orlando Morales on timbales, congas and percussion, Tim Randles on piano, Andy Barnett on trumpet, Lee Phillips on bass, Jon Lewis on congas and Arnold Morales on bongo. The band plays infectious, high-energy salsa and Latin dance music with an Afro-Cuban feel, covering music from John Coltrane to Tito Puente, Eddie Palmieri, Buena Vista Social Club and Mongo Santamaria. The event venue (formerly Arcata Bowl) features a custom dance floor and Centro Del Pueblo will be adding to the flavor by offering **pupusas, tacos and tamales** for purchase.

Grab your dance partner and bring the kids to this all-ages event and help keep local arts alive and kicking into 2020.

— Kali Cozyris



Photo by Paul Johnson, submitted

The Tide is High

January is when we see higher than normal tides round these parts. Known as King Tides, they are a naturally occurring event and not a result of climate change, but they do show us what normal tide levels could be like in the not so distant future due to sea level rise. So, what are King Tides exactly and what makes them so swell? There are a few events this week where you can learn more and also get current on the coming changes to our coastal landscape.

Redwood Region Audubon Society hosts Aldaron Laird and Alexa DeJoannis for **On the Threshold of Change: Rising Tides and Humboldt Bay** on **Friday, Jan. 10 at 7 p.m.** at **Six Rivers Masonic Lodge** (free). Friends of the Arcata Marsh and tour leader Elliott Dabill are offering a special **King Tide Tour** on **Saturday, Jan. 11 from 11:30 a.m. to 12:30 p.m.** at **Arcata Marsh and Wildlife Sanctuary Interpretive Center** (free). Meet the group on South I Street, in the first parking lot in from Samoa Boulevard. If you're feeling the gravitational pull to actually get out on the water, there's the **Ride the King Tide Paddle** happening **Saturday, Jan. 11 from 10 a.m. to 1 p.m.** at **Humboldt Bay Aquatic Center** (\$60, \$50 HSU students — you must register for this one by Jan. 9. www.centeractivities.humboldt.edu). Prior paddling experience is encouraged. And the city of Arcata is looking for community members to photograph this year's King Tides to help city staff plan for sea level rise. For more info, go to www.cityofarcata.org.

— Kali Cozyris

9 Thursday

ART

Figure Drawing Group. 7-9 p.m. Cheri Blackerby Gallery, 272 C St., Eureka. Chip in for the live model and hone your artistic skills. Go into the courtyard on C Street to the room on the right. \$5. 442-0309.

Playing into Transformation. 3-4:30 p.m. The Connection HPRC, 334 F St. (former Bank of America building), Eureka. Use the power of improv, somatic therapy, visualization and explorative games to fuel transformation. Free. damionpanther@gmail.com. 497-9039.

BOOKS

Trinidad Library Book Buddies Club. Second Thursday of every month, 11 a.m.-noon. Trinidad Library, 380 Janis Court. No mandatory reading, just a love of books. Free. trihuml@co.humboldt.ca.us. 677-0227.

DANCE

Redwood Fusion Partner Dance. 7-10 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Contemporary partner dance with an improvised, lead-follow approach. A 7 p.m. lesson, 8 p.m. dancing. \$5, first time free. www.redwoodraks.com.

SPOKEN WORD

The Humboldt Poetry Show. 7:30-9:30 p.m. The Siren's Song Tavern, 325 Second St., Eureka. Open mic sign-up begins at 7 p.m., show starts at 7:30 p.m. Featured poet is Dylan Collins, founder/host of Word Humboldt. Music by DJ Goldylocks and live art by Dre Meza. \$5. areasontolisten@gmail.com. www.sirensongtavern.com. 496-9404.

FOR KIDS

Trinidad Lego Club. Second Thursday of every month, 3-4:30 p.m. Trinidad Town Hall, 409 Trinity St. Calling all masterbuilders 5 and up. Meeting in the Trinidad Civic Club Room. Free. 496-6455.

Trinidad Library Toddler Storytime. 10-11 a.m. Trinidad Library, 380 Janis Court. Stories with the little ones. Free. trihuml@co.humboldt.ca.us. 677-0227.

FOOD

Cooking with Commodities. 2-3 p.m. Food for People, 307 W. 14th St., Eureka. Learn valuable cooking techniques and nutrition tips while creating a tasty, nutritious meal. Facilitated by Chef Anne. Call or email to RSVP. Free. kwatkins@foodforpeople.org. 445-3166 ext. 305.

MEETINGS

Conservation Meeting. Second Thursday of every month, 12-1:30 p.m. Rita's Margaritas & Mexican Grill, 1111 Fifth St., Eureka. Discuss conservation issues of interest to the Redwood Region Audubon Society. Free. www.rras.org/calendar.html. 445-8311.

Humboldt Grange 501. Second Thursday of every month, 6:30-8 p.m. Humboldt Grange Hall, 5845 Humboldt Hill Road, Eureka. Regular monthly meeting. nanettespearschade@gmail.com. www.facebook.com/humboldt.grange. 443-0045.

Toastmasters. Second Thursday of every month, noon. Redwood Sciences Laboratory, 1700 Bayview St., Arcata. Give and receive feedback and learn to speak with confidence. Second and fourth Thursdays. Visitors welcome.

SPORTS

Mad River Steelhead Derby. Countywide, Nonprofit Nor-Cal Guides and Sportsmen's Association runs a fishing derby through Feb. 29. Hatchery fish only. Anglers can sign up online or at RMI Outdoors and Bucksport Sporting Goods in Eureka. \$30 entry fee for NCGASA non-associate members, \$10 members. www.ncgasa.org.

ETC

Katie's Krafters. 9:30-11:30 a.m. Arcata Senior Dining Center, 321 Dr. Martin Luther King Jr. Parkway. New members welcome. Anyone with sewing or quilting experience or who wants to learn. Free.

Standard Magic Tournament. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Put your deck to the test. \$5. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

10 Friday

ART

Arts! Arcata. Second Friday of every month, 6-9 p.m. Arcata Plaza, Ninth and G streets. Art, music and more art. Downtown Arcata and surrounding area. Free. arcatamainstreet@gmail.com. www.arcatamainstreet.com. 822-4500.

Drop-in Volunteering. 1-6 p.m. SCRAP Humboldt, 101 H St., Suite D, Arcata. Drop-in volunteering every Friday to help the creative reuse nonprofit. Free. volunteer@scraphumboldt.org. www.scraphumboldt.org. 822-2452.

BOOKS

Friday Afternoon Book Club. Second Friday of every month, Noon-1 p.m. Humboldt County Library, 1313 Third St., Eureka. Call ahead for upcoming titles. Free. www.humlib.org. 269-1905.

COMEDY

Eliot Chang. 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Chang's Comedy Central Half Hour was voted No. 2 in Comedy Central's Stand Up Showdown. He has also appeared on *Chelsea Lately*. Hosted by Josh Barnes. \$10. www.savagehenrymagazine.com.

Friday Night Improv Show. 7-9:45 p.m. Old Town Coffee & Chocolates, 211 F St., Eureka. Watch or play fun improv games with audience suggestions. Clean comedy. All ages welcome. Free. damionpanther@gmail.com. www.oldtowncoffeeeureka.com. 497-9039.

DANCE

World Dance. 7:30 p.m. St. Alban's Episcopal Church, 1675 Chester Ave., Arcata. Humboldt Folk Dancers sponsor teaching and easy dances, 7:30-8:30 p.m.; request dancing, 8:30-10 p.m. \$3. eurmac@suddenlink.net. www.stalbansarcata.org.

LECTURE

On the Threshold of Change: Rising Tides and Humboldt Bay. 7-8:30 p.m. Six Rivers Masonic Lodge, 251 Bayside Road, Arcata. Redwood Region Audubon Society hosts Aldaron Laird, co-chair of Humboldt State University's Sea Level Rise Initiative, presenting on vulnerability assessments and mapping of the bay's shoreline. Alexa Dejoannis talks about the effect on bird populations. Refreshments at 7 p.m., program at 7:30 p.m. Free. rras.org/home.aspx. 826-7031.

MOVIES

Clerks (1994). 8 p.m. Arcata Theatre Lounge, 1036 G St. Indie black-and-white buddy comedy. \$5. www.arcatatheatre.com.

EVENTS

Movewell Grand Opening. 4-9 p.m. Movewell, 901 8th Street, Arcata. Ribbon cutting at 5 p.m. Live jazz by Nicholas Talvola and Lyza Padilla and DJ Dacin to follow. Food from Foodwise kitchen, treats by Lavender and Spoon and kombucha from It's Alive! Free. arcatacorepilates@gmail.com. 845-8156.

SPORTS

Mad River Steelhead Derby. Countywide, See Jan. 9 listing.

ETC

A Call to Yarns. Noon-1 p.m. Arcata Library, 500 Seventh St. Knit. Chat. Relax. Free. sparsons@co.humboldt.ca.us. 822-5954.

Solidarity Fridays. 5-6 p.m. County Courthouse, 825 Fifth St., Eureka. Join Veterans for Peace and the North Coast People's Alliance for a peaceful protest on the courthouse lawn. www.northcoastpeoplesalliance.org.

11 Saturday

BOOKS

Story Time. Second Saturday of every month, 11:30 a.m.-noon. McKinleyville Library, 1606 Pickett Road. Join us on the second Saturday of the month for stories and songs.

COMEDY

Eliot Chang does a weekend at The Club. 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Chang's Comedy Central Half Hour was voted No. 2 in Comedy Central's Stand Up Showdown. He has also appeared on *Chelsea Lately*. Hosted by Josh Barnes. Trevor Lockwood and Jessica Grant open. Amber Heidinger hosts. \$10. www.savagehenrymagazine.com.

LECTURE

Fort Humboldt Historic Tour. 11 a.m.-noon. Fort Humboldt State Historic Park, 3431 Fort Ave., Eureka. An easy, 45-minute stroll with a story of hope, struggle and future presidents. Explore the historic buildings and enjoy views of the Humboldt Bay. Meet at the small flag pole at the north end of the parking lot. Free. ryan.spencer@parks.ca.gov. 445-6568.

MOVIES

Made in Humboldt Film Series: E.T. The Extraterrestrial. 12-2:30 p.m. Humboldt County Library, 1313 Third St., Eureka. Watch movies that were made in our own backyard. Or near it. In this case, Del Norte County. Free. www.humlib.org. 269-1905.

MUSIC

Latin Peppers Dance Party. 8-11:30 p.m. Ten Pin Building, 793 K St., Arcata. An evening of upbeat music and dancing. Benefit for Arcata Playhouse programs. Drinks and food available. \$15. jimmydur@asis.com. www.arcataplayhouse.org/events/latin-peppers-dance-party. 822-1575.

Slide. 7:30-9:30 p.m. Fortuna Monday Club, 610 Main St. Gloria Gold, Jay Byker and Michael Gibbs perform an evening of music from the 1960s, 1970s and more, playing both acoustic and electric instruments with harmony singing. Doors at 6:45 p.m. \$10. fortunaconcert@live.com. fortunaconcertseries.com.

EVENTS

Celebrate the New Year with Timber Ridge Eureka. 2-4 p.m. Timber Ridge Eureka, 2740 Timber Ridge Lane. Enjoy live music, bingo refreshments, and tour the facilities. Free. efarnum@timberridgecare.com. 433-3000.

Yahtzee Tournament. 6-9:30 p.m. Sequoia Conference Center, 901 Myrtle Ave., Eureka. The Rotary Club of Southwest Eureka and Old Town Rotary present a 6 p.m. dinner and no-host cocktails followed by 7 p.m. tournament play. Benefits the Humboldt Family Housing Initiative and other community projects. Players must be 21 years or older. \$75. www.swrotary.org. 845-3459.

FOR KIDS

Second Saturday Family Arts Day at the MGMA. Second Saturday of every month, 2-4 p.m. Morris Graves Museum of Art, 636 F St., Eureka. An afternoon of learning, art-making and exploring the museum with hands-on projects and activities inspired by current

NCJ ARTS NIGHTS



Paintings by Jay Brown at Plaza Grill. *Submitted*

Arts! Arcata

Friday, Jan. 10, 6-9 p.m.

Arts! Arcata is Arcata Main Street's monthly celebration of visual and performing arts, held at locations in Arcata. Visit www.arcatamainstreet.com, check out the Arts! Arcata event on Facebook and Instagram, or call 707-822-4500 for more information.

MOONRISE HERBS 826 G St.

"Intentions and Beliefs," Danielle Orr, acrylic paintings; music by Good Company; nonprofit wine pour by Arcata Rotary Club.

MOVEWELL 901 Eighth St.

Watercolor by Joyce Jonte. Music by Nicholas Talvola and Lyza Padilla.

PLAZA GRILL 791 Eighth St., Third Floor.

"Humanscapes," Jay Brown, mixed media art.

TRI COUNTIES BANK 697 Eighth St.

Reuben T. Mayes, abstract expressionism.

STOKES, HAMER, KIRK, AND EADS, LLP

381 Bayside Road #A. Janine Volkmar; photography; music by Dale Winget; nonprofit wine pour by American Cancer Society Relay for Life Team #32.

UMPQUA BANK UPSTAIRS GALLERY 1063 G St.

Photography by Redwood Camera Club, a group exhibition. ●

exhibitions. Designed for families and youth 5-12, but all ages are welcome. \$5, \$2 for seniors students, free for children and members. alex@humboldtarts.org. humboldtarts.org/family-arts-day. 442-0278.

Story Time with Kathy Frye. Second Saturday of every month, 11-11:30 a.m. Rio Dell Library, 715 Wildwood Ave. Featuring puppets and more designed for children ages 0-5. Free. riohuml@co.humboldt.ca.us. 764-3333.

Storytime and Crafts. 11:30 a.m. Blue Lake Library, 111 Greenwood Ave. Followed by crafts at noon. Now with a Spanish and English story every first and third Saturday. Free. blkhuml@co.Humboldt.ca.us. 668-4207.

FOOD

Arcata Plaza Winter Farmers' Market. 10 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Fresh GMO-free foods direct from the farmers. Fruits and vegetables, humanely raised meats, pastured eggs, artisanal body products, plants, hot food stands and more.

GARDEN

Rose Pruning Demonstration. 10 a.m. Miller Farms Nursery, 1828 Central Ave., McKinleyville. The Humboldt Rose Society's rosarians, master rose growers, will explain and show how to correctly prune roses. RSVP by phone.

OUTDOORS

Arcata Marsh Tour. 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Meet walk

leader Jenny Hanson at the Interpretive Center on South G Street for a 90-minute walk focusing "Wildflowers in Winter" at the marsh. Loaner binoculars available with photo ID. Free. 826-2359.

Audubon Society Arcata Marsh Bird Walk. 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Bring your binoculars and meet in the parking lot at the end of South I Street (Klopp Lake) in Arcata, rain or shine. Walk leader is Tracy Walker. Free. www.rras.org/calendar. 826-7031.

California State Parks Volunteer Event. 9 a.m.-noon. Patrick's Point State Park, 4150 Patrick's Point Drive, Trinidad. Remove invasive plants. Wear sturdy shoes for walking off trail, bring a lopper if you have one, a hat, work gloves and water. Extra gloves and tools available. Work locations are less than a ½ mile hike from the trailhead. Participants receive a free day-use pass to Patrick's Point State Park. Free. michelle.forys@parks.ca.gov. 677-3109.

Hikshari' Volunteer Trail Stewards. 9-11 a.m. Hikshari' Trail, Hilfiker Lane, Eureka. Help plant native grasses, sedges and shrubs to create more habitat for birds and other wildlife. Meet at the Elk River Wildlife Sanctuary parking lot at the south end of Hilfiker Lane, rain or shine. Gloves available, or bring your own. Bring your own water. Free.

Continued on next page »

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NCJ CALENDAR

Continued from previous page

King Tide Tour. 11:30 a.m.-12:30 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Leader Elliott Dabill talks about what makes the tides so high, sea level rise and changes to Humboldt Bay. Meet on South I Street, in the first parking lot in from Samoa Boulevard. Free. 826-2359.

SPORTS

Mad River Steelhead Derby. Countywide. See Jan. 9 listing.

ETC

Media Center Orientation. Second Saturday of every month, 10 a.m. Access Humboldt Community Media Center, 1915 J St., Eureka. Learn about the recording studio, field equipment, editing stations and cable TV channels available at Access Humboldt. Free. 476-1798.

Diabetes Self-Management Workshop. 10 a.m.-12:30 p.m. Humboldt IPA, 2662 Harris St, Eureka. Learn about what your blood sugar is telling you, managing stress and difficult emotions, working with healthcare providers and your diet. Free. www.eventbrite.com/e/free-diabetes-self-management-workshop-tickets-68809608391. 267-9606.

Digital Literacy Classes: PDF Essentials. 3-4 p.m. Humboldt County Library, 1313 Third St., Eureka. Learn about PDF files. The class on Jan. 11 will introduce basics. The class on Jan. 22 will go over uses in the workplace, office and school, and how to view PDFs. Free. www.humlib.org. 269-1905.

Free Flu Shot Clinic. 11 a.m.-2 p.m. Humboldt County Library, 1313 Third St., Eureka. Humboldt County Public Health will be providing free shots to protect yourself and others from the flu. Free. www.facebook.com/events/805100946580359/. 269-1905.

Women's Peace Vigil. Noon-1 p.m. County Courthouse, 825 Fifth St., Eureka. Dress in warm clothing and bring your own chair. No perfume, please. Free. 269-7044.

Yu-Gi-Oh! Standard League. 1-4 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your decks and claim your prizes. \$5. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

12 Sunday

ART

Opening Reception for "Elements of Humboldt through Rainbow Eyes." 1-4 p.m. Westhaven Center for the Arts, 501 S. Westhaven Drive. Artist in Residence Crystal Ange's mixed media show is based on the four elements of earth, air, water and fire. Refreshments served. Free. annintrin13@gmail.com. 677-0128.

DANCE

An Afternoon of Dance at the MGMA. 2-3 p.m. Morris Graves Museum of Art, 636 F St., Eureka. \$5, \$2 for seniors/students, free for children and members. alex@humboldtarts.org. humboldtarts.org/afternoon-of-dance. 442-0278.

MOVIES

Harry Potter & the Sorcerer's Stone (2001). 6 p.m. Arcata Theatre Lounge, 1036 G St. Adaptation of the first of J.K. Rowling's popular children's novels about young wizard Harry Potter. \$5. www.arcatatheatre.com.

MUSIC

Bayside Community Hall Music Project. 6-8 p.m. Bayside Community Hall, 2297 Jacoby Creek Road. Bandonium, community activist street band. Bring wind instruments and drums. Free. gregg@relevantmusic.org. www.relevantmusic.org/Bayside. 499-8516.

EVENTS

Wedding & Event Faire. 1-4 p.m. Fortuna River Lodge, 1800 Riverwalk Drive. More than 30 local vendors to help you plan your wedding or special event at the 19th annual expo. \$10.

FOR KIDS

Lego Club. 12:30-2 p.m. Redwood Discovery Museum, 612 G St., Eureka. For ages 4 and up. Free w/museum admission. www.discovery-museum.org.

FOOD

Food Not Bombs. 4 p.m. Arcata Plaza, Ninth and G streets. Free, hot food for everyone. Mostly vegan and organic and always delicious. Free.

Pancake Breakfast. Second Sunday of every month, 8-11 a.m. Mad River Grange, 110 Hatchery Road, Blue Lake. Breakfast with your choice of eggs, ham, sausage, toast, pancakes, coffee, tea and orange juice. \$5, \$2.50 kids ages 6-12, free for kids under 6.

Veterans Pancake Breakfast. Second Sunday of every month, 8 a.m.-noon. Fortuna Veterans Hall/Memorial Building, 1426 Main St. Pancakes, eggs, sausage, bacon, biscuits and gravy, orange juice, coffee, tea, hot chocolate. Benefits local youth groups and veterans events in the Eel River Valley. \$8, \$5 kids under 12. vfwpost2207@gmail.com. 725-4480.

MEETINGS

Redwood Coast Wood Turners. 1 p.m. Almqvist Lumber Company, 5301 Boyd Road, Arcata. Discussion and demonstration of tool sharpening. Bring sharpening jigs or tools that need sharpening. Show and tell and wood raffle. All welcome and annual membership is \$25 or \$35 per family. pajhum42@humboldt.edu. 633-8147.

OUTDOORS

Dune Ecosystem Restoration Day. 10 a.m.-1 p.m. Male'l Dunes South, Young Lane, Arcata. Join the Dune Ecosystem Restoration Team to remove non-native, invasive plant species. Training in plant identification and removal practices along with tools, gloves and snacks provided. Free. info@friendsofthedunes.org. www.friendsofthedunes.org. 444-1397.

Audubon Society Birding Trip. Second Sunday of every month, 9 a.m. Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. Join Redwood Region Audubon Society for a 2- to 3-hour birding walk. Beginners welcome. Meet at the Visitor Center at 9 a.m. Contact Ralph Bucher. Free. thebook@reninet.com. 499-1247.

SPORTS

Mad River Steelhead Derby. Countywide. See Jan. 9 listing.

Sunday NFL. 9:30 a.m.-4 p.m. Arcata Theatre Lounge, 1036 G St. Watch the games on the giant screen. Free w/\$5 food/bev purchase. www.arcatatheatre.com.

ETC

Pokémon Trade and Play. 3-5 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your cards to play or learn. Free. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

13 Monday

BOOKS

Writing Group. 4-5:30 p.m. Old Town Coffee & Chocolates, 211 F St., Eureka. Authors and authors-to-be supporting one another weekly, from plotting to publication. RSVP by text or email. Free. damionpanther@gmail.com. www.oldtowncoffeeeureka.com. 497-9039.

COMEDY

Improv Show. 6-7:45 p.m. Old Town Coffee & Chocولات, 211 F St., Eureka. Watch or play fun improv games. Audience suggestions taken for scenes, plays, films, songs and more. Clean comedy. All ages welcome. Free. damionpanther@gmail.com. www.oldtowncoffeeeureka.com. 497-9039.

Monday Night Pod. 7-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Live recordings of podcasts on the Savage Henry Podcast Network. Usually two recordings 7 and 9 p.m. Free. editor@savagehenrymagazine.com. www.savagehenrymagazine.com. 845-8864.

DANCE

Baile Terapia. 7-8 p.m. Jefferson Community Center, 1000 B St., Eureka. Paso a Paso hosts dance therapy. Free. jorge.matis@stjoe.org. 441-4477.

MUSIC

Humboldt Harmonaires. 7-9:30 p.m. Eureka High School, 1915 J St. Sing four-part men's a cappella barber-shop harmony, no experience needed. All voice levels and ages welcome. In the EHS band room located in the rear with parking at Del Norte and J streets. Free. srjoepapa@gmail.com. 834-0909.

SPOKEN WORD

Poets on the Plaza. Second Monday of every month, 8 p.m. Plaza View Room, Eighth and H streets, Arcata. Read/perform your original poetry or hear others. \$1.

MEETINGS

VFW Post 2207 Monthly Meeting. Second Monday of every month, 7-8:30 p.m. Fortuna Veterans Hall/Memorial Building, 1426 Main St. Fostering camaraderie among U.S. veterans of overseas conflicts and advocating for veterans, the military and communities. Free. 725-4480.

Volunteer Orientation. 2:30 p.m. Food for People, 307 W. 14th St., Eureka. Learn to pack and sort food, work with clients, collect donations and cook. panderson@foodforpeople.org.

SPORTS

Mad River Steelhead Derby. Countywide. See Jan. 9 listing.

14 Tuesday

COMEDY

Trivia Tuesdays. 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Teams of three. Three rounds. Real prizes. \$5 team entry fee. editor@savagehenrymagazine.com. www.savagehenrymagazine.com. 845-8864.

DANCE

Let's Dance. 7-9:30 p.m. Humboldt Grange Hall, 5845 Humboldt Hill Road, Eureka. Live music. All ages. \$6. www.facebook.com/humboldt.grange. 725-5323.

MOVIES

Swashbucklers: The Adventures of Robin Hood (1938). 6:30 p.m. Humboldt County Library, 1313 Third St., Eureka. The Humboldt County Library - Based on the Book Film Series with swashbucklers. This week, Errol Flynn robs the rich and gives to the poor. Hosted by Bob Doran. Free. www.humlib.org.

MUSIC

Humboldt Ukulele Group. Second Tuesday of every month, 5:30 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. A casual gathering of strummers. Beginners welcome. \$3. dsanderl@arcatanet.com. 839-2816.

Super Stars of the Blues Harmonica. 7 p.m. Arkley

Center for the Performing Arts, 412 G St., Eureka. All-star lineup of blues harp players. \$49.

FOR KIDS

Family Storytime. 10:30-11 a.m. Fortuna Library, 753 14th St. A rotating group of storytellers entertain children ages 2-6 and parents at Fortuna Library. Free. www.humlib.org. 725-3460.

First 5 Playgroup Fortuna. 9:30-11:30 a.m. Gene Lucas Community Center, 3000 Newburg Rd. Suite B, Fortuna. Free First 5 Playgroup, a place for family fun, resources and new friendships. Free. info@glccenter.org. glccenter.org. 725-3300.

MEETINGS

Humboldt Cribbers. 6:15 p.m. Moose Lodge, 4328 Campton Road, Eureka. Humboldt Cribbage Club plays weekly. Seven games in summer and nine games during the season. \$8. grasshopper60@aol.com. 444-3161.

SPORTS

Mad River Steelhead Derby. Countywide. See Jan. 9 listing.

ETC

Bingo. 6 p.m. Moose Lodge, 4328 Campton Road, Eureka. Speed bingo, early and regular games. Doors open at 5 p.m. Games \$1-\$10.

Board Game Night. 6-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Choose from a variety of games or bring your own. All ages. Free. www.nugamesonline.com. 497-6358.

Ferndale Cribbage. 10 a.m. Our Savior's Lutheran Church, 425 Shaw Ave., Ferndale. Cards and pgs.

Katie's Krafters. 9:30-11:30 a.m. Arcata Senior Dining Center, 321 Dr. Martin Luther King Jr. Parkway. See Jan. 9 listing.

Pokémon Trade and Play. 3-6 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See Jan. 12 listing.

15 Wednesday

ART

2020 New Year Exhibition. Noon-5 p.m. Redwood Art Association Gallery, 603 F St., Eureka. Work by RAA members judged by Tim Clewell, fine art teacher at Arcata High School. Free. info@redwoodart.us. www.redwoodart.us. 268-0755.

COMEDY

Open Mikey. 9-11:45 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Hosted by Nando Molina, Jessica Grant and Josh Barnes. Sign up early. For beginners and seasoned comics. Free. peter@savagehenrymagazine.com. www.savagehenrymagazine.com/events. 798-6333.

LECTURE

Conservation Lecture Series: On Fishers and Squirrels. 7 p.m. Sequoia Park Zoo, 3414 W St., Eureka. Andria Townsend, recent graduate with a MS in wildlife from Humboldt State University, presents. Meet the speaker and join a reception beginning at 6:30 p.m. at the Zoo with the lecture at 7 p.m. Free. www.sequoiaparkzoo.net.

Practical Prioritization, an Intentional Way to Set Goals. 6 p.m. Eureka Woman's Club, 1531 J St. Presentation by Allie Heemstra, marketing consultant from Allie Illuminates. Doors at 5:30 p.m. Free. www.eurekawomansclub.org. 845-0331.

MOVIES

Sci-Fi Night: Dragonslayer (1981). 6 p.m. Arcata Theatre Lounge, 1036 G St. A young wizarding apprentice is sent

Continued on next page »



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707-442-3229**NCJ CALENDAR**

Continued from previous page

to kill a dragon which has been devouring girls from a nearby kingdom. Free w/\$5 min. food or beverage purchase. www.arcatatheatre.com.**MUSIC****Improvisation Circle Singing.** Third Wednesday of every month, 7:30-9 p.m. The Sanctuary, 1301 J St., Arcata. Lead by Marika, who will be creating songs and fun exercises designed to explore your voice through rhythm, harmony and improvisation. All voices and ages welcome. Donation. marikamassage@yahoo.com. 510-332-9380.**Sweet Harmony Women's Chorus.** 6-8 p.m. Arcata United Methodist Church, 1761 11th St. All-female barbershop-style chorus that sings a variety of music in four-part, a cappella harmonies. Accepting new members. Ability to read music not required. barbershopumboldt@gmail.com. (802) 490-9455, 601-8219.**Tech N9ne.** 9 p.m. Sapphire Palace, Blue Lake Casino, 777 Casino Way. Hip hop. Plus Krizz Kaliko and T1on. 21+. \$39-\$49. www.bluelakecasino.com.**FOR KIDS****Storyteller Baba Jamal Koram.** 6:30 p.m. Humboldt County Library, 1313 Third St., Eureka. Join the storyteller, who has been featured at the National Storytelling Festival, the Smithsonian and the Kennedy Center, for an evening of stories and drumming. Free book for each child in attendance. www.humlib.org.**MEETINGS****Climate Action Plan Public Workshop.** 5 p.m. Wharfinger Building, 1 Marina Way, Eureka. Presentation followed by an open-house community workshop where attendees can learn about Climate Action Plan strategies and provide input. Refreshments.**Dow's Prairie Grange.** Third Wednesday of every month, 6 p.m. Dow's Prairie Grange Hall, 3995 Dow's Prairie Road, McKinleyville. Get involved in your community grange. dowsgrange@gmail.com. www.dowsprairiegrange.org. 840-0100.**SPORTS****Mad River Steelhead Derby.** Countywide,. See Jan. 9 listing.**ETC****Casual Magic.** 4-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your decks and connect with the local Magic community. Beginners welcome. Door prizes and drawings. \$5. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.**Family Night.** 4-7 p.m. Blood Bank, 2524 Harrison Ave, Eureka. The Blood Bank will make dinner and watch the kids while you donate. Free. recruit@nccbb.org. www.nccbb.org. 443-8004.**16 Thursday****ART****2020 New Year Exhibition.** Noon-5 p.m. Redwood Art Association Gallery, 603 F St., Eureka. See Jan. 15 listing.**Figure Drawing Group.** 7-9 p.m. Cheri Blackerby Gallery, 272 C St., Eureka. See Jan. 9 listing.**Healing Sketchbook Workshop.** Third Thursday of every month, 5-6 p.m. Outer Space, 1100 M St., Arcata. Conversations About Power holds a workshop focusing on mixed-media sketchbook techniques. All levels welcome. Bring sketchbook and art supplies. Some supplies available. Free, donations appreciated. ConversationsAboutPower@gmail.com. www.conversationsaboutpower.com. 442-8413.**Playing into Transformation.** 3-4:30 p.m. The Connec-

tion HPRC, 334 F St. (former Bank of America building), Eureka. See Jan. 9 listing.

COMEDY**Comedy Sing Song Roulette.** 9-11 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Comedy meets karaoke. Every third Thursday watch four comedians perform their sets, followed by a karaoke song chosen at random. Drop your name in a bucket for a chance to sing. Hosted by Jessica Grant. Free. Jessicatgrant@gmail.com. www.savagehenrymagazine.com.**DANCE****Redwood Fusion Partner Dance.** 7-10 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. See Jan. 9 listing.**MUSIC****Humboldt Ukulele Group.** Third Thursday of every month, 5:30 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. See Jan. 14 listing.**FOR KIDS****Trinidad Library Toddler Storytime.** 10-11 a.m. Trinidad Library, 380 Janis Court. See Jan. 9 listing.**SPORTS****Mad River Steelhead Derby.** Countywide, Locations throughout Humboldt County, Humboldt. See Jan. 9 listing.**ETC****Katie's Krafters.** 9:30-11:30 a.m. Arcata Senior Dining Center, 321 Dr. Martin Luther King Jr. Parkway. See Jan. 9 listing.**Standard Magic Tournament.** 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See Jan. 9 listing.**Heads Up ...****The McKinleyville Community Choir** is seeking new voices for its spring season. All parts (soprano, alto, tenor and bass) are welcome. You need not reside in McKinleyville. Carpools available. Contact Clare Greene at (831) 419-3247 or e-mail ccgreene46@gmail.com.**Humboldt Waste Management Authority** and its partners in waste management are accepting Christmas trees for disposal at no charge throughout Humboldt County. Trees accepted at the Hawthorne Street Transfer Station through Jan. 16. Recology of Humboldt, Humboldt Sanitation and others are providing additional drop-off services. For more information, visit www.hwma.net.**The 20/20 Vision: 20th Anniversary Fine Art Photography Competition and Exhibition**, open to all photographers, is accepting submissions in person on Wednesday, Jan. 15, noon-5 p.m. at the Morris Graves Museum of Art.**Hospice of Humboldt seeks volunteers** for office support, community outreach, thrift store staff and more. Call 267-9813.**Soroptimist International of Humboldt Bay** has six monetary awards and/or scholarships available. Visit www.soroptimistofhumboltdbay.org.**Friends of the Arcata Marsh** and the city of Arcata seek welcome desk volunteers for weekends at the Marsh Interpretive Center. Shifts are four hours, from 9 a.m. to 1 p.m. or 1 p.m. to 5 p.m. Call 826-2359 or email amic@cityofarcata.org.**Faben Artist Fund now accepting applications.** Grant guidelines are posted at www.humboldtarts.org. Email Jemima@humboldtarts.org or 442-0278, extension 205.

The *Grudge* isn't Worth Holding Onto

By John J. Bennett

screens@northcoastjournal.com

Reviews

THE GRUDGE. Having emerged from what has disconcertingly become a New Year's tradition of spending the holiday and the week bracketing it, sick abed, I recoiled, mole-like, from an atypically gorgeous January day. There had been rain overnight but it had given way to the sort of limitless cerulean horizon people rush out to make into postcards.

It was almost enough to make a person forget that, in the intervening days since they had last drawn outside air, American constitutional democracy had continued its slow frog-march toward dissolution, that an exceedingly problematic, executive-ordered assassination had taken place abroad, which, in turn, had served to unite a region in renewed (justifiable) hatred and distrust for this country. Almost enough to make me forget that the only reason I was leaving the house was, per my editor's insistence, to watch and review a "reboot" of a middling Sarah Michelle Gellar vehicle from 15 years ago. Duty calls. (Editor's note: Some assignments are character building.)

Despite having watched the entire *Buffy the Vampire Slayer* television series three times from start to finish, I am not an SMG completionist. I don't think I've seen *The Grudge* (2004), though I think I could be forgiven for having done so and summarily forgetting the whole affair. That movie came about in the lamentable post-millennium period when Hollywood, even then at a loss for inspiration and ideas, turned to the burgeoning Japanese horror movement, remaking and reminding legitimately interesting movies within years — months, even — of their international releases. It proved to be a rather lucrative, if short-sighted and short-lived gambit, producing, among others, *The Ring* (2002) and, of course, the subject of the subject of this column, what we then called a remake of *Ju-On: The Grudge* (2002), written and directed by Takashi Shimizu.

Shimizu was hired on to direct the Americanization of his own movie, which

was successful enough, at least commercially, to spawn two sequels that I also did not see. And now this much further along toward an apocalypse of our own making, as an almost humorous reminder of a simpler time, when it seemed weak and derivative to cast about for recent foreign successes and simply recast them with Anglos, we have a new *Grudge* for the era of reboots (read: even further-diminished creativity).

Today's version, written and directed by Nicholas Pesce (who, according to his IMDb page, wrote and directed a couple of indie features before his shot at the big show) apparently take place concurrently with the events of the 2004 version. There's some dubious shifting between events occurring in 2004, 2005 and 2006, but the short version is as follows.

Fiona Landers (Tara Westwood), leaves Japan, breaking her contract, after experiencing some sort of unpleasantness in the family home where she had ostensibly been employed. Returning to small-town Pennsylvania, she has clearly carried with her some sort of indeterminate supernatural unpleasantness which, as it will, leads her to brutally murder her family and then herself. We're to believe, then, that said unpleasantness takes residence in the Landers home, where it subsequently leads to the undoing of Peter and Nina Spencer (John Cho and Betty Gilpin), the married realtors contracted to sell it. (There's a bit of wasted business about the Spencers' difficult pregnancy, which makes even less sense in the context of the movie than it does in my mention of it.)

At some point, Faith and William Matheson (Lin Shaye and Frankie Faison) move in, he having become her caretaker as her health fails (I think we're to believe she suffers from a form of dementia, but it's unclear whether she just communicates with ghosts). William hires an assisted suicide consultant named Lorna Moody (Jacki Weaver) who, bafflingly, declines to take on Lin's case but volunteers

to stay with the couple for a few nights. No surprise, things end badly.

The detectives investigating one of these incidents (I'm sure I could recall if I cared to but I don't) each carry the trauma of what they've witnessed in different ways: Goodman (Demián Bechir) holes up in his late mother's house, chain-smoking. His former partner Wilson (William Sadler) has become criminally insane.

Goodman's current partner Muldoon (Andrea Riseborough), recently widowed, new in town with her young son and apparently intended to be our entry point to the story, becomes morbidly fixated on the Landers' case for reasons unknown (perhaps even to the writer of the movie), and things progress as one might expect.

At first I was taken in by the amber, semi-gloss aesthetic of *The Grudge* but it became clear in very short order that it was not supported by much of a sense of story, or of editorial choice. The movie's fascination with blood-bag special effects did little to help. And so, within 15 minutes or so, the charm had worn off and I was eyeing the exits. R. 93M. BROADWAY, FORTUNA.

— John J. Bennett is a movie nerd who loves a good car chase and prefers he/him pronouns.

*Updated listings were not available for Broadway and Mill Creek. See showtimes at www.northcoastjournal.com or call: Broadway Cinema 443-3456; Fortuna Theatre 725-2121; Mill Creek Cinema 839-3456; Minor Theatre 822-3456; Richards' Goat Miniplex 630-5000.



Starting to get pruny over here.
The Grudge

Opening

1917. Muddy and bloody World War I drama about a pair of British soldiers sent behind enemy lines to warn troops heading for an ambush. R. 119M. BROADWAY, FORTUNA, MILL CREEK, MINOR.

DIVING DEEP: THE LIFE AND TIMES OF MIKE DEGRUY. Mimi Atkins DeGruy pays tribute to her late husband with this documentary about his career as an ocean explorer. NR. 83M. MINOR.

ELVIS: THAT'S THE WAY IT IS (1970). On stage and backstage with the King. PG. 97M. BROADWAY

JUST MERCY. Michael B. Jordan stars as Bryan Stevenson, a real-life civil rights lawyer, in the fight to free a man (Jamie Foxx) accused of murder in Alabama. With Brie Larson. PG13. 136M. BROADWAY, MILL CREEK.

LIKE A BOSS. Besties (Tiffany Haddish, Rose Byrne) with a beauty business have to wrest their company from the evil tycoon who's taken it over (Salma Hayek). With Billy Porter and Jennifer Coolidge. R. 83M. BROADWAY, FORTUNA, MILL CREEK.

UNDERWATER. When their deep-sea lab is compromised, a research team (Kristin Stewart, Jessica Henwick, Vincent Cassel) has to venture out to the ocean floor where terrifying creatures await. PG13. 95M. FORTUNA

Continuing

THE ANIMATION SHOW OF SHOWS. The 21st annual compilation of the best animated shorts from around the world. NR. MINIPLEX.

Continued on next page »

BOMBSHELL. Charles Randolph's tremendous script and a revelatory cast (Nicole Kidman, Charlize Theron, John Lithgow) brings villains and victims of the Fox News sexual harassment scandal to life with nuance. R. 108M. BROADWAY.

CATS. A milk-curdling cat scratch fever dream to skip unless your love for the musical is strong enough to carry you through. PG. 110M. BROADWAY, MILL CREEK.

FROZEN 2. Elsa and Anna return for more snowbound sisterly adventure and to put that song back in your head. PG. 104M. BROADWAY, MILL CREEK.

JUMANJI: THE NEXT LEVEL. Dwayne Johnson and Kevin Hart are literally back in the game, which is glitching. PG13. 123M. BROADWAY, FORTUNA, MILL CREEK.

KNIVES OUT. Director Rian Johnson's tightly controlled whodunnit both pays homage to and raises the stakes of classic mystery with a stellar cast. Starring Daniel Craig, Ana de Armas, Jamie Lee Curtis and Chris Evans. PG13. 130M. BROADWAY.

LITTLE WOMEN. Writer/director Greta Gerwig's artfully executed and well-acted adaptation of Louisa May Alcott's novel has narrative complexity that will reward multiple viewings. Starring Saoirse Ronan, Emma Watson and Laura Dern. PG. 134M. BROADWAY, MILL CREEK, MINOR.

RICHARD JEWELL. Clint Eastwood's drama takes damaging liberties with true events, especially for the late Kathy Scruggs, and succeeds best as fiction and in Paul Walter's lead performance. R. 131M. BROADWAY, MILL CREEK.

SPIES IN DISGUISE. Karen Gillan, Will Smith and Tom Holland voice an animated comedy-adventure about a spy who's turned into a pigeon. Yeah, I got nothing. PG. 101M. BROADWAY, MILL CREEK.

STAR WARS: THE RISE OF SKYWALKER. J.J. Abrams steers a tremendous cast, fantastic effects and a few rousing sequences but this wrap-up of the Skywalker saga is visually and narratively cacophonous enough to drown out emotional moments. PG. 141M. BROADWAY, FORTUNA, MILL CREEK, MINOR.

UNCUT GEMS. The Safdie brothers' small, tense story about a New York jeweler on the make (Adam Sandler) set against the big city feels like action and horror, filled with simultaneous dread and hope up to its punishing climax. R. 135M. BROADWAY, MILL CREEK, MINOR.

— Jennifer Fumiko Cahill ●

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STEEL DRUM CLASSES. Weekly Beginning Class: Fri's. 10:30a.m.-11:30a.m., Level 2 Beginners Class Fri's. 11:30a.m.-12:30 p.m. Beginners Mon's 7:00p.m.-8:00p.m. Pan Arts Network 1049 Samoa Blvd. Suite C (707) 407-8998. panartsnetwork.com (DMT-1231)

Fitness

SUN YI'S ACADEMY OF TAE KWON DO. Classes for kids & adults, child care, fitness gym & more. Tae Kwon Do Mon-Fri 5-6 p.m., 6-7 p.m., Sat 10-11 a.m. Come watch or join a class, 1215 Giuntoli Lane, or visit www.sunyisarcata.com, 825-0182. (F-1231)

Home & Garden

LEARN TO GROW AFRICAN VIOLETS. \$10 Jan 18th. Fortuna Fabrics and Crafts, contact Ibby Gerner 949 981 5384 ibbygermer@gmail.com, to reserve a place. (H-0109)

50 and Better

OSHER LIFELONG LEARNING INSTITUTE (OLLI). Offers dynamic classes for people age 50 and over. Call 826-5880 or visit www.humboldt.edu/olli to register for classes (O-1231)

ATMOSPHERIC WATERCOLOR PAINTING WITH PAUL RICKARD. Learn techniques in the painting of atmospheric watercolors. The instructor will model the stages of creating a landscape watercolor painting and discuss the components of composition, value, color harmony, and watercolor technique. Sat., Jan. 25 from 10:30 a.m.-4:30 p.m. OLLI Members \$70. Sign up today! 826-5880 or www.humboldt.edu/olli (O-0109)

SEA LEVEL RISE & HUMBOLDT BAY: PAST, PRESENT & FUTURE WITH ALDARON LAIRD & JERRY ROHDE. Review the history of changes to the bay, discover the legacies that make the region vulnerable to tidal inundation, and explore the future landscape of Humboldt Bay. Fri., Jan. 24 from 2-4:30 p.m. OLLI Members \$35. Sign up today! 826-5880 or www.humboldt.edu/olli (O-0109)

BBQ & YOU: WHAT YOU CAN DO TO MAKE BETTER BBQ WITH DAVID ISAACS. Get professional advice and explore techniques and the science behind great BBQ. Fri., Jan. 24 from 10:30 a.m.-1 p.m. OLLI Members \$35. Sign up today! 826-5880 or www.humboldt.edu/olli (O-0109)

ORIGAMI BIRDS & ANIMALS WITH DAVID ISAACS. Get an introduction to the basic folds and forms of origami birds and animals. Wed., Jan. 22 from 10:30 a.m.-1 p.m. OLLI Members \$35. Sign up today! 826-5880 or www.humboldt.edu/olli (O-0109)

TAMING YOUR INNER CRITIC WITH MOLLY CATE. Lightly explore your darker side -- your inner critic. Have fun in a supportive environment, learning how and why to stop mentally beating yourself up. Thurs., Jan. 23 from 10:30 a.m.-1 p.m. OLLI Members \$35. Sign up today! 826-5880 or www.humboldt.edu/olli (O-0109)

YOGA BASICS WITH PATRICIA STARR. This beginner course will focus on balance and strength. Mindfulness of the breath and alignment and movement of your body will enhance this process. Thurs., Jan. 23 from 2-4:30 p.m. OLLI Members \$35. Sign up today! 826-5880 or www.humboldt.edu/olli (O-0109)

Spiritual

EVOLUTIONARY TAROT Ongoing classes, private mentorships and readings. Carolyn Ayres. 442-4240 www.tarotofbecoming.com carolyn@tarotofbecoming.com (S-1231)

SOTO ZEN MEDITATION Sunday programs and weekday meditation in Arcata locations; Wed evenings in Eureka, arcatazengroup.org Beginners welcome, call for orientation. (707) 826-1701 (S-1231)

Sports & Recreation

BECOME A WHITEWATER RIVER GUIDE. Looking for an awesome summer job or just want to guide rivers safely on your own? Redwoods & Rivers Guide School is the way to get started. Scheduled for March 15-20. (800) 429-0090

Therapy & Support

ALCOHOLICS ANONYMOUS. We can help 24/7, call toll free 1-844 442-0711. (T-1231)

ARCATA SMART 707 267 7868. (T-130)

FREE DEPRESSION SUPPORT GROUP. Feeling hopeless? Free, non-religious, drop-in peer group for people experiencing depression/anxiety. UMCJH 144 Central Ave, McK 839-5691 (T-0123)

SEX/ PORN DAMAGING YOUR LIFE & RELATIONSHIPS? Confidential help is available. 707-825-0920, saahumboldt@yahoo.com (T-1231)

SMOKING POT? WANT TO STOP? www.marijuana-anonymous.org (T-1231)

Vocational

AUTO BODY COLLISION REPAIR Feb 24 - Apr 29. Register early to secure your seat. Call CR Workforce & Community Education for more information at (707) 476-4500. (V-0109)

CONVERSATIONAL SPANISH FOR BEGINNERS Feb 12 - Mar 18. Develop skills in a quick and fun setting. Call CR Workforce & Community Education for more information at (707) 476-4500. (V-0109)

FREE AMERICAN SIGN LANGUAGE CLASSES Call College of the Redwoods Adult Education at 707-476-4520 for more information or come to class to register. (V-0514)

FREE BEGINNING LITERACY CLASS Call College of The Redwoods Adult Education at 707-476-4520 for more information or come to class to register. (V-0514)

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FREE LIVING SKILLS FOR ADULTS WITH DISABILITIES Call College of the Redwoods Adult Education at 707-476-4520 for more information or come to class to register. (V-0514)

GED TESTING Earn your GED. Call Workforce and Community Education for more information or to schedule your appointment at (707) 476-4500. (V-0109)

INCIDENT SAFETY AWARENESS FOR HIRED VENDORS - FORTUNA Feb 28. Register early to secure your seat. Call CR Workforce & Community Education for more information at (707) 476-4500. (V-0109)

INCIDENT SAFETY AWARENESS FOR HIRED VENDORS Mandatory training for vendors who have a CalFire/USFS agreement or contract requiring annual fire safety training to be eligible for contracts for the 2020 fire season. Check the schedule at www.redwoods.edu/communityed or call CR Workforce & Community Education for more information at (707) 476-4500. (V-0109)

INTRO TO E-COMMERCE for Small Businesses. Learn how to set-up an online business. Thurs, Jan 16, 5:30 - 7:30 p.m. www.humboldt.edu/sbdc (V-0109)

INTRO TO SOCIAL MEDIA for Small Businesses. Learn how to get your name out there. Tues, Jan. 14, 5:30 - 7:30 p.m. www.humboldt.edu/sbdc (V-0109)

LOAN DOCUMENT SIGNING Feb 3rd. One day training! Register early to secure your seat. Call CR Workforce & Community Education for more information at (707)476-4500. (V-0109)

MICROSOFT BEGINNING ACCESS Apr 4-16. Call CR Workforce & Community Education for more information at (707) 476-4500. (V-0109)

MICROSOFT INTERMEDIATE EXCEL Feb 4 - 14. Call CR Workforce & Community Education for more information at (707) 476-4500. (V-0109)

MICROSOFT WORD: TIPS, TRICKS & SHORTCUTS Mar 10 - 24. Check all Microsoft trainings at www.redwoods.edu/community Call CR Workforce & Community Education for more information at (707) 476-4500. (V-0109)

NOTARY Feb 5th. One day training! Register early to secure your seat. Call CR Workforce & Community Education for more information at (707)476-4500. (V-0109)

PHARMACY TECHNICIAN Feb 8 - Jul 18. Free info session (Highly Recommended) 10 AM on Jan 11, 2020 at 525 D Street, Eureka. Call Workforce & Community Education for more information at (707) 476-4500. (V-0109)

REAL ESTATE CORRESPONDENCE Become a Real Estate Agent. Start anytime! Call Workforce and Community Education for more information at (707) 476-4500. (V-0109)

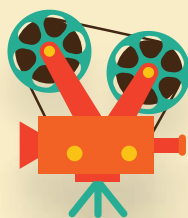
SERVSAFE MANAGER CERTIFICATE Apr 7. Register early to secure your seat. Call CR Workforce & Community Education for more information at (707) 476-4500. (V-0109)

SPECIAL EDUCATION TEACHER ORIENTATION MEETING Inviting all who are interested in becoming a SPED Teacher Credential Candidate for Fall 2020. Wednesday January 22nd, 2020 4:30-6:00PM at Humboldt County Office of Education, Alder Room, 901 Myrtle Ave. Eureka CA. Questions: Bernie Levy, Program Coordinator, bjl31@humboldt.edu (V-0109)

Wellness & Bodywork

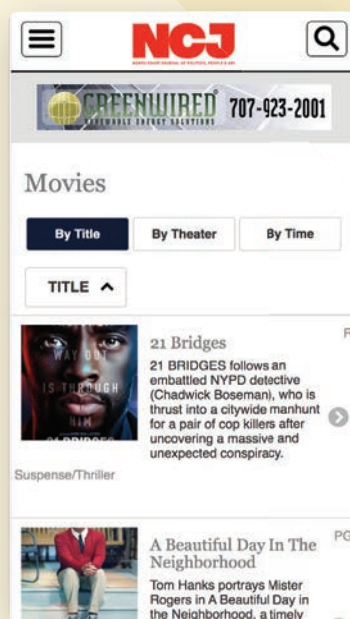
2020 AYURVEDA PROGRAMS WITH TRACI WEBB "Ayurveda Life Mastery": Starts Feb. 5, Self-Healing + Health & Life Coach Training. Are you an overextended serial-giver, mom, yogi or multi-passionate wellness pro who feels unsupported & underpaid? Unable to bridge the gap between your current reality & what you sense is possible for your life, family & career? Let 2020 be Your Year! Reclaim your body, your abundance, your passion, your time, your heart & your home, all while building deep & lasting friendships, & upleveling your income & career! /// "Ayurveda Herbalist Training & Internship": Starts March 3, Dive deep into Ayurvedic Herbalism & Imbalance Management of All Bodily Systems. Experience Clinic & Client Management, Formulating, Medicine Making, Herb Harvest. *Both Programs Include: Caring Community + 1-on-1 Support, Monthly Clinics, assessment Skills (Pulse, Face, Tongue), Aromatic Product Making Immersion, Group Detox & Cooking Class, & Meet: 1 evening/week online + 1 weekend/month in Arcata or online. Ignite Transformation for Yourself & Others! Limited to 20, Early Registration Advised. Register: info@ayurvedicliving.com (W-0220)

DANDELION HERBAL CENTER CLASSES WITH JANE BOTHWELL. Dandelion Herbal Center classes with Jane Bothwell. Beginning with Herbs. Oct. 2 - Nov. 20, 2019, 8 Wed. evenings. Learn medicine making, herbal first aid, and herbs for common imbalances, includes 2 Herb Walks. Shamanic Herbalism. Feb. - June 2020. Meets 1st Weekend of the Month. Celebrate the traditional and ritualistic uses of plants as Sacred Medicine with visiting experts! 10-Month Herbal Studies Program. Feb. - Nov. 2020. Meets one weekend per month with three camping trips. Learn in-depth material medica, plant identification, flower essences, wild foods, formulations and harvesting. Herbal & Traditional Healing on the Aegean Greek Isles. May 22 - June 2, 2020. Discover the beauty, aromas, traditional and modern uses of many medicinal plants on the islands of Ikaria & Samos! Register online www.dandelionherb.com or call (707) 442-8157. (W-0130)



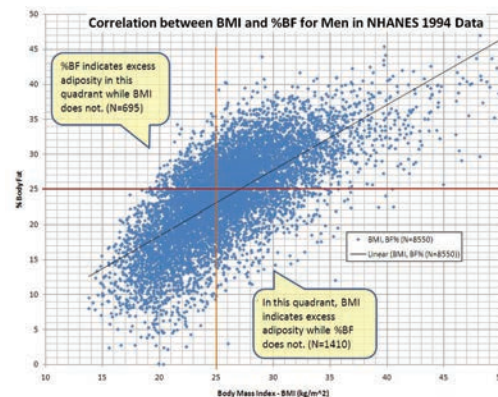
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NCJ FIELD NOTES



Comparing body mass index (BMI) and percent body fat ("%BF") in a 1994 study of 8,550 men. See the upper left and lower right quadrants for the limitations of BMI in assessing body fat. Image via Creative Commons

Does My BMI Make Me Look Fat?

By Barry Evans

fieldnotes@northcoastjournal.com

OMG! My BMI (body mass index) just jumped from under 24, where it's been for years, to more than 24. It's only a matter of time before it tops 25, meaning, according to the World Health Organization, I'll be overweight. Not obese — that doesn't happen until it reaches 30. What happened? My weight didn't change; it's still around 150 pounds, give or take. Turns out, I have a height problem. Like most old geezers, I've lost an inch somewhere along life's winding road. My previously dashing 5-foot, 7-inch frame had me at 23.5 BMI; now my puny 5 feet, 6 inches rats me out at 24.2. But enough about me. You can find a slew of BMI calculators online or do it yourself: BMI = 703 times pounds divided by inches-squared.

You might be wondering (1) Where does that 703 come from? (2) Why divide by the *square* of your height when you're a three-dimensional creature? (3) What's with those pat rounded cut-off numbers like 25 and 30?

BMI is measured in kilograms/meters-squared and the 703 converts from pounds/inches-squared. Thank Belgian statistician Adolphe Quetelet (1796-1874), who devised the measure as a rough-and-ready way to assess the average health of a population. The term "BMI" was first used in 1972.

If we're going to adopt such a simplistic way of gauging ourselves, we should use, not height² but height^{2.5} — that's the average you'd find if you plotted weight against height for a large population. (Height-squared is just a holdover from earlier pre-calculator days.) The problem is that the "703 pounds divided by inches-square" formula makes tall people believe they're fatter than they are, while short folks think they're thinner. Also, no allowance is made for lean muscle tissue being about 20 percent denser than fat, so a 6-foot, 200-pound Olympic jock has the same BMI (26) as a sedentary, adi-

pose-challenged couch potato with the same height and weight.

The cut-off numbers do look a bit too pat, don't they? Less than 18.5 means you're underweight; 18.5-25, you're normal; 25-30 says you're overweight and 30+ labels you as obese. A few years ago, you'd have been fine if your BMI was less than 28 for men or 27 for women. Then, in July of 1998, the National Institutes of Health (NIH) lowered the cut-off to 25 and overnight, 29 million Americans became overweight.

So while the NIH still says "a good way to decide if your weight is healthy for your height is to figure out your BMI," other medical authorities disparage its use as far too arbitrary. For instance, a 2016 study comparing BMI with cardiometabolic measures concluded that 75 million of us were healthy despite having "overweight" or "obese" BMIs, while another 21 million "normal BMI" folks were unhealthy.

Many researchers now believe that a better way to gauge general health is to skip weight entirely and focus on body shape — that is, waist-to-height ratio. According to the former director of the British Nutrition Foundation, "Keeping your waist circumference to less than half your height can help increase life expectancy for every person in the world." That's because your BMI ignores the *distribution* of body fat, since excess abdominal (i.e. waist) fat adversely affects your kidneys, heart, liver and other critical organs. For proof, consider a recent RAND Corporation study which concluded that the single factor explaining higher rates of type 2 diabetes in the US (5.0 percent) compared to the UK (2.7 percent) was the greater amount of mid-section fat on this side of the Atlantic.

Bottom line: If you're still using BMI as an indicator of your overall health, you might want to reconsider.

Barry Evans (barryevans9@yahoo) figures out all he has to do is grow a couple of inches in height to be healthy again.

CROSSWORD by David Levinson Wilk

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65						66					67			
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3D

ANSWERS NEXT WEEK!

©2020 DAVID LEVINSON WILK

- ACROSS
1. "The Dark Knight Rises" villain

5. Gillette's ____ II

9. Band whose fans are known as Phans

14. Clickable symbol

15. "____-vroom!"

16. Sportsdom's Els or Banks

17. 2006 thriller -- now in 3D! -- about a family man in Renaissance times?

20. Conger, e.g.

21. Mised

22. Outlaw Kelly

23. Great deal

24. "Going ____"

27. 1993 comedy -- now in 3D! -- about a furry critter's critical moment?

33. ____ cut

34. "Bambi" character

35. Props for Mr. Monopoly and Mr.

Peanut

37. Rum-soaked cake

38. Stood on hind legs, with "up"

41. Defense against a siege

42. Begins to wake

44. TiVo, for one

45. "It's worth ____"

46. 1992 drama -- now in 3D! -- about a mostly-failed recruiting effort?

50. Part of a fast-food combo

51. He was "nevermore" after 10/7/1849

52. Oomph

55. "Finally!"

58. Players on a beach volleyball team

61. 1987 stand-up performance -- now in 3D! -- about a Pictionary-loving comedian?

65. Hitchhikers' hopes

66. Middling

67. Roof overhang

68. And the following, in footnotes

69. Playing a fifth qtr., say

70. Kept in sight

DOWN

1. Orthodontist's concern

2. Pine (for)

3. Kim Kardashian's middle name

4. Cut short

5. Easy eats

6. Four stars, say

7. Fervent

8. "Oh no? I'll show you!"

9. Louvre pyramid designer

10. 2014 political biography whose chapter titles include "Benghazi" and "The Last Glass Ceiling"

11. Hip to

12. Agree (with)

13. Take counsel from

18. Name of three Giants outfielders in 1963

19. Viet ____

23. In the direction of

25. Org. with quarantine authority

26. Finger food at a Japanese restaurant

27. Persona non ____

28. Up an offer, e.g.

29. Paternity suit evidence

30. What a gorilla has that a giraffe doesn't?

31. Make ____ of

32. Pine (for)

33. Original "I Love Lucy" aier

36. Squalid digs

39. Bolivian president Morales

40. Tricky tennis stroke

43. Destination between

LAX and Sea-Tac

47. Cheesemaking city on the IJsselmeer

48. "____ Luci" (nickname given to LBJ's daughter who loved '60s dance crazes)

49. Poet Mark

52. Athlete nicknamed "O Rei"

53. Make a long story short, perhaps

54. Some email attachments

56. Science fiction author Hubbard

57. Lhasa ____

58. Highchair feature

59. Thing caught near the shore

60. Was in the red

62. Suffix with meteor

63. Abbr. after a lawyer's name

64. Ruby or Sandra of film

LAST WEEK'S ANSWERS TO FINE

B	E	L	A		U	M	A		A	M	B	E	R	S	
A	D	I	N		Z	A	P		G	A	R	N	E	T	
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S	T	A	G	E	S				A	I	M	L	O	W	
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© Puzzles by Pappocom

HARD #11

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www.sudoku.com

LEGAL NOTICES

NOTICE OF PETITION TO ADMINISTER ESTATE OF CARL M. KJER, a/k/a CARL MILTON KJER

CASE NO. PR1900312

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of CARL M. KJER, a/k/a CARL MILTON KJER

A PETITION FOR PROBATE has been filed by Petitioner ELLIS M. KJER In the Superior Court of California, County of Humboldt. The petition for probate requests that ELLIS M. KJER be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on February 13, 2020 at 2:00 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 6. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

PETITIONER:
James D. Poovey
937 6th Street

Eureka, CA 95501
Filed: December 30, 2019
SUPERIOR COURT OF CALIFORNIA
COUNTY OF HUMBOLDT

1/9, 1/16, 1/23 (20-006)

T.S. No. 053958-CA APN: 502-021-074-000 NOTICE OF TRUSTEE'S SALE IMPORTANT NOTICE TO PROPERTY OWNER: YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 9/14/2004. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER

On 1/21/2020 at 11:00 AM, CLEAR RECON CORP., as duly appointed trustee under and pursuant to Deed of Trust recorded 9/17/2004, as Instrument No. 2004-31582-19, of Official Records in the office of the County Recorder of Humboldt County, State of CALIFORNIA executed by: HEATHER L BENDALL, AN UNMARRIED WOMAN WILL SELL AT PUBLIC AUCTION TO HIGHEST BIDDER FOR CASH, CASHIER'S CHECK DRAWN ON A STATE OR NATIONAL BANK, A CHECK DRAWN BY A STATE OR FEDERAL CREDIT UNION, OR A CHECK DRAWN BY A STATE OR FEDERAL SAVINGS AND LOAN ASSOCIATION, SAVINGS ASSOCIATION, OR SAVINGS BANK SPECIFIED IN SECTION 5102 OF THE FINANCIAL CODE AND AUTHORIZED TO DO BUSINESS IN THIS STATE: AT THE FRONT ENTRANCE TO THE COUNTY COURTHOUSE, 825 5TH ST., EUREKA, CA 95501 all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County and State described as: MORE FULLY DESCRIBED ON SAID DEED OF TRUST The street address and other common designation, if any, of the real property described above is purported to be: 2147 PLUNKETT ROAD BAYSIDE, CALIFORNIA 95524-9701 The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be held, but without covenant or warranty, express or implied, regarding title, possession, condition, or encumbrances, including fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to pay the remaining principal sums of the note(s) secured by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is: \$300,330.44 If the Trustee is unable to convey title for any reason, the successful bidder's sole and exclusive remedy shall be the return of monies paid to the Trustee, and the successful bidder shall have no

further recourse. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned or its predecessor caused said Notice of Default and Election to be recorded in the county where the real property is located. NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call (844) 477-7869 or visit this Internet Web site WWW.STOXPOSTING.COM, using the file number assigned to this case 053958-CA. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale. FOR SALES INFORMATION: (844) 477-7869 CLEAR RECON CORP. 4375 Jutland Drive San Diego, California 92117

12/26, 1/2, 1/9 (19-365)

Title Order No. 1354229CAD
Trustee Sale No. 84047 **Loan No. 399170974** **APN: 217-191-008-000** **NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 11/28/2017. UNLESS YOU TAKE ACTION TO**

PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER.

On 2/11/2020 at 11:00 AM, CALIFORNIA TD SPECIALISTS as the duly appointed Trustee under and pursuant to Deed of Trust Recorded on 12/8/2017 as Instrument No. 2017-022081 in book N/A, page N/A of official records in the Office of the Recorder of Humboldt County, California, executed by: SALMAN A. SALMAN, A MARRIED MAN AS HIS SOLE AND SEPARATE PROPERTY, as TrusTOR PS FUNDING, INC., A DELAWARE CORPORATION, as Beneficiary WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at time of sale in lawful money of the United States, by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state). At: Outside the front entrance to the County Courthouse located at 825 5th Street, Eureka, CA 95501, NOTICE OF TRUSTEE'S SALE - continued all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County, California described the land therein: As more fully described on said Deed of Trust. The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 87 SEQUOIA ROAD MYERS FLAT, CA 95554. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of trusts created by said Deed of Trust, to-wit \$336,694.29 (Estimated). Accrued interest and additional advances, if any, will increase this figure prior to sale. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election of Sell to be recorded in the county where the real property is located and more than three months have elapsed since such recordation. DATE: 12/

30/2019 CALIFORNIA TD SPECIALIST, as Trustee 8190 EAST KAISER BLVD., ANAHEIM HILLS, CA 92808 PHONE: 714-283-2180 FOR TRUSTEE SALE INFORMATION LOG ON TO: www.stoxposting.com CALL: 844-477-7869 PATRICIO S. INCE, VICE PRESIDENT CALIFORNIA TD SPECIALIST IS A DEBT COLLECTOR ATTEMPTING TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. "NOTICE TO POTENTIAL BIDDERS: If you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to free and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority, and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed or trust on the property. NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call 844-477-7869, or visit this internet Web site www.stoxposting.com, using the file number assigned to this case T.S.# 84047. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information or on the Internet Web site. The best way to verify postponement information is to attend the scheduled sale." CALIFORNIA TD SPECIALISTS Attn: Teri Snyder 8190 East Kaiser Blvd. Anaheim Hills, CA 92808

1/9, 1/16, 1/23 (20-004)

NOTICE OF TRUSTEE'S SALE COMPLIANCE WITH CALIFORNIA CIVIL CODE SECTION 2923.3 WAS NOT REQUIRED BECAUSE THE LOAN IS SECURED BY VACANT LAND. YOU ARE IN DEFAULT UNDER

A DEED OF TRUST DATED FEBRUARY 20, 2015. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.

A public auction sale to the highest bidder for cash, cashier's check drawn on a state or national bank, check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state, will be held by the duly appointed trustee, as shown below, all right, title and interest conveyed to and now held by the trustee in the hereinafter described property under and pursuant to a Deed of Trust described below. The sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances, to satisfy the obligation secured by said Deed of Trust. The undersigned Trustee disclaims any liability for any incorrectness of the property address or other common designation, if any, shown herein.

TRUSTOR: Brittany Hoskin, an unmarried woman
DULY APPOINTED TRUSTEE: Harland Law Firm LLP
DEED OF TRUST RECORDED: February 20, 2015
INSTRUMENT NUMBER: 2015-003355-6 of the Official Records of the Recorder of Humboldt County, California
DATE OF SALE: January 31st, 2020 at 11:00 A.M.
PLACE OF SALE: Front entrance to the County Courthouse, 825 5th Street, Eureka, CA 95501

THE COMMON DESIGNATION OF THE PROPERTY IS PURPORTED TO BE: Vacant Land. Directions to the property may be obtained by pursuant to a written request submitted to Harland Law Firm LLP, 212 G Street, Suite 201, Eureka, CA 95501, within 10 days from the first publication of this notice.

See Exhibit "A" attached hereto and made a part hereof for the Legal Description.
Amount of unpaid balance and other charges as of December 9, 2019: \$198,761.57

Beneficiary may elect to open bidding at a lesser amount.

The total amount secured by said instrument as of the time of initial publication of this notice is stated above, which includes the total amount of the unpaid balance (including accrued and unpaid interest) and reasonable estimated costs, expenses and advances at the time of initial publication of this notice.
NOTICE TO POTENTIAL BIDDERS: If

you are considering bidding on this property lien, you should understand that there are risks involved in bidding at a trustee auction. You will be bidding on a lien, not on the property itself. Placing the highest bid at a trustee auction does not automatically entitle you to fee and clear ownership of the property. You should also be aware that the lien being auctioned off may be a junior lien. If you are the highest bidder at the auction, you are or may be responsible for paying off all liens senior to the lien being auctioned off, before you can receive clear title to the property. You are encouraged to investigate the existence, priority and size of outstanding liens that may exist on this property by contacting the county recorder's office or a title insurance company, either of which may charge you a fee for this information. If you consult either of these resources, you should be aware that the same lender may hold more than one mortgage or deed of trust on the property.

NOTICE TO PROPERTY OWNER: The sale date shown on this notice of sale may be postponed one or more times by the mortgagee, beneficiary, trustee, or a court, pursuant to Section 2924g of the California Civil Code. The law requires that information about trustee sale postponements be made available to you and to the public, as a courtesy to those not present at the sale. If you wish to learn whether your sale date has been postponed, and, if applicable, the rescheduled time and date for the sale of this property, you may call the trustee's information line at (707) 444-9281. Information about postponements that are very short in duration or that occur close in time to the scheduled sale may not immediately be reflected in the telephone information. The best way to verify postponement information is to attend the scheduled sale.

DATED: This 9th day of December, 2019 in the city of Eureka, and the county of Humboldt, California.
Harland Law Firm LLP

John S. Lopez, Trustee, and Attorneys for Beneficiary
The Mel and Grace McLean Foundation, a California
Nonprofit Public Benefit Corporation

12/26, 1/2, 1/9 (19-356)

NOTICE OF SALE PUBLIC AUCTION

Notice is hereby given that the undersigned intends to sell the personal property described below to enforce a lien imposed on said property pursuant to Sections 21700-21716 of the Business & Professions Code, Section 2328 of the UCC, Section 535 of the Penal Code and provisions of the Civil Code. The undersigned will sell the following tenants' units at a public auction by competitive bidding on

January 24th, 2020 at noon, on the premises where said property has been stored and which are located at South Bay Mini-Storage, 2031 Eich Road, Eureka, County of Humboldt, State of California, as follows. Household and miscellaneous items to be sold include but are not limited to the following:

Unit#152 Vickie Mabrier -Furniture, microwave, vacuum, clothes, TV
Unit#169 Richard Horton - Nativity Village, headboard, framed picture
Unit#355 Teung Outhasin -Rims, tires, car parts, clothes
Unit#412 Jacob Amsden - Furniture, bike, iron furniture, folding table, shelving
Unit#469 Chad Sample - Fat tire bike, misc bikes, surfboard, tools, TV, fishing rod
Unit#509 Mario Maggio - Furniture, snowboard, surfboard, tools
Unit#703 Stacie Sanchez -BBQ, paintings, furniture, TV, misc boxes
Unit#752 Betty Williams - Furniture, crabbing gear, TV, sewing machine
Unit#836 Ella Morgan - Washer/ Dryer, record player, vinyls, misc

boxes

Purchases must be paid for at the time of purchase in cash only. All purchased items are sold "as is" and must be removed from the premises within 24 hours. Sale is subject to cancellation in the event of a settlement between owner and obligated party. Deposit of \$100.00 is required on each unit purchased. Bring a flashlight and padlock(s). Dated this 9th and 16th day of January 2020.
CA BOND NO. 0336118

01/09, 01/16 (20-002)

FICTITIOUS BUSINESS NAME STATEMENT 19-00689

The following person is doing Business as
ABUNDANCE UPCYCLE BOUTIQUE

Humboldt
5000 Valley West
Arcata, CA 95521
PO Box 2631
McKinleyville, CA 95519
Eugene, OR 97401

REQUEST FOR PROPOSAL FOR ARCHITECTURAL SERVICES

NOTICE IS HEREBY GIVEN that the Governing Board of the Redwoods Community College District, of the County of Humboldt, State of California, is soliciting proposals for architectural services on January 17, 2020 at 2:00 PM PST.

A mandatory walkthrough will be held at College of the Redwoods, 7351 Tompkins Hill Road, Eureka, CA 95501 on Friday, December 13, 2019 at 1:00 PM PST for the purpose of acquainting all potential proposers with the project site. Failure to attend will result in the disqualification of the submitted proposal.

Proposal Documents (RFP) are available at: College of the Redwoods 7351 Tompkins Hill Road, Eureka, CA 95501 **Website:** https://www.redwoods.edu/businessoffice/Purchasing Inquiries may be directed to: Steven McKenzie, Director - Facilities and Planning Tel: (707)476-4382 Email: Steven-Mckenzie@redwoods.edu. **PROPOSALS ARE DUE:** No later than 2:00 PM PST on January 17, 2020. All proposals must be submitted in person or by mail to: College of the Redwoods, Office of the Vice President, Administrative Services, 7351 Tompkins Hill Road, Eureka, CA 95501.

Only proposals that are in strict conformance with the instructions included in the Request for Statements of Proposals will be considered.

Redwoods Community College District



ARCATA SCHOOL DISTRICT NOTICE OF PUBLIC HEARING

PLEASE TAKE NOTICE that the Arcata Elementary School District Board of Education will hold a public hearing and take action on whether to transition the District to trustee-area voting, and establish trustee-area voting districts pursuant to Education Code Section 5019 and Elections Code Section 10010. The purpose of this hearing is to review the map(s) of the proposed trustee areas and receive feedback from the public.

This hearing will be held on MONDAY, JANUARY 13, 2020 at 6:30 p.m. at the Sunny Brae Middle School Multipurpose Room (1430 Buttermilk Lane, Arcata, CA 95521). The proposed map(s) will be available for review no later than January 6, 2020 on the District's website, at the District Office, and in the main office of each school site.

To request information or clarification on the public hearing, please contact Jen DaParma, Administrative Assistant, at the Arcata Elementary School District, 1435 Buttermilk Lane, Arcata, CA 95521. Phone: (707) 822-0351, extension 4.

Kathleen V Smith
4152 Old RxR Grade Rd
McKinleyville, CA 95519
Leah T Harry
4152 Old RxR Grade Rd
McKinleyville, CA 95519

The business is conducted by a General Partnership. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Kathleen V Smith, Proprietor This December 5, 2019 KELLY E. SANDERS by sc, Humboldt County Clerk

12/19, 12/26, 1/2, 1/9 (19-363)

FICTITIOUS BUSINESS NAME STATEMENT 19-00687
The following person is doing Business as
WTR GREEN FUTURE

Humboldt
550 South G Street, Suite 28
Arcata, CA 95521

Neal E Osborne
560 Park Ave
Arcata, CA 95521

The business is conducted by an Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars

(\$1,000). /s Neal Osborne, Planner in Chief This December 4, 2019 KELLY E. SANDERS by sc, Humboldt County Clerk

01/02, 01/09, 01/16, 01/23 (20-001)

FICTITIOUS BUSINESS NAME STATEMENT 19-00709
The following person is doing Business as
E-Z LANDING RV PARK & MARINA

Humboldt
1875 Buhne Drive
Eureka, CA 95503

Conrad E Reardon
2118 Irving
Eureka, CA 95503

The business is conducted by an Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Conrad Reardon, Owner This December 17, 2019 KELLY E. SANDERS by tn, Humboldt County Clerk

12/26, 1/2, 1/9, 1/16 (19-366)

FICTITIOUS BUSINESS NAME STATEMENT 19-00701
The following person is doing Business as
PHYL'N JUICE

Humboldt
100 Ericson Ct, Ste 120
Arcata, CA 95521
PO Box 3015
McKinleyville, CA 95519

Rita M Cordova
1623 Timothy Rd
McKinleyville, CA 95519

NOTICE:
APPLICATIONS BEING ACCEPTED FOR
BOND CITIZENS' OVERSIGHT COMMITTEE
FRESHWATER SCHOOL DISTRICT

NOTICE is hereby given that the Freshwater School District has established a Citizens' Oversight Committee to oversee expenditures of Measure C bond funds, which was the bond measure approved by District voters on June 5, 2018. The District is continuing to accept applications from interested citizens to serve on the Committee in an effort to seat all 7 positions. The Committee will consist of seven members which meet, review and report on expenditures of bond funds to ensure money is used only for voter-approved purposes. Maintaining a committee to review expenditures is required by law and was promised to District voters as part of the accountability provisions in the bond measure. Interested persons may obtain an application from the Superintendent's Office, located at 75 Greenwood Heights Drive, Eureka, CA, or download the application from the District's website at <http://www.freshwatersd.org>. Applications should be submitted at the office of the Superintendent.

The business is conducted by an Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Rita M Cordova, Owner This December 11, 2019 KELLY E. SANDERS by ss, Humboldt County Clerk

12/19, 12/26, 1/2, 1/9 (19-362)

FICTITIOUS BUSINESS NAME STATEMENT 19-00713
The following person is doing Business as
REDWOOD COAST BOUTIQUE

Humboldt
100 Ericson Ct
Arcata, CA 95521
3429 Cottage St
Eureka, CA 95503

Jeanette L Arnot
3429 Cottage St
Eureka, CA 95503

The business is conducted by an Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Jeanette Arnot, Owner This December 19, 2019 KELLY E. SANDERS by tn, Humboldt County Clerk

01/09, 01/16, 01/23, 01/30 (20-008)

FICTITIOUS BUSINESS NAME STATEMENT 19-00706
The following person is doing Business as
SEQUOIA PERSONNEL SERVICES

Humboldt
2930 E Street
Eureka, CA 95501

Preferred Employer Solutions, LLC
Oregon 458133-91
1483 N 13th Street
Coos Bay, OR 97420

The business is conducted by a Limited Liability Corporation. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true

any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Tomas Chavez, Manager This December 17, 2019 KELLY E. SANDERS by tn, Humboldt County Clerk

01/02, 01/09, 01/16, 01/23 (20-003)

FICTITIOUS BUSINESS NAME STATEMENT 19-00699
The following person is doing Business as
OL RUSTY'S

Humboldt
39116 Hwy 299
Willow Creek, CA 95513
2136 Hacienda St.
Redding, CA 96003

Amanda N Hutchinson
2136 Hacienda St
Redding, CA 96003

The business is conducted by an Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Amanda Hutchinson, Owner This December 10, 2019 KELLY E. SANDERS by ss, Humboldt County Clerk

12/19, 12/26, 1/2, 1/9 (19-364)

FICTITIOUS BUSINESS NAME STATEMENT 20-00011
The following person is doing Business as
TREE FROG POTTERY

Humboldt
670 Future Street
Loleta, CA 95551
PO Box 746
Loleta, CA 95551

Maria E Elhardt
640 Future Street
Loleta, CA 95551
Angela R Cameron
670 Future Street
Loleta, CA 95551

The business is conducted by a General Partnership. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a

not to exceed one thousand dollars (\$1,000). /s Maria Elhardt, General Partner This January 4, 2020 KELLY E. SANDERS by ss, Humboldt County Clerk

01/09, 01/16, 01/23, 01/30 (20-010)

FICTITIOUS BUSINESS NAME STATEMENT 20-00013
The following person is doing Business as
FOUNDATION STRATEGIES

Humboldt
8242 West End Road
Arcata, CA 95521

Christopher A Lehman
8242 West End Rd
Arcata, CA 95521

The business is conducted by an Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Christopher Lehman, Owner/ Principal This January 6, 2020 KELLY E. SANDERS by ss, Humboldt County Clerk

01/09, 01/16, 01/23, 01/30 (20-011)

FICTITIOUS BUSINESS NAME STATEMENT 20-00004
The following person is doing Business as
PLUMB CONSTRUCTION

Humboldt
452 N Fortuna Blvd
Fortuna, CA 95540

Thompson Squared Inc.
CA 4294221
452 N Fortuna Blvd
Fortuna, CA 95540

The business is conducted by a Corporation. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Shawn Thompson, President This January 2, 2020 KELLY E. SANDERS by sc, Humboldt County Clerk

01/09, 01/16, 01/23, 01/30 (20-007)

FICTITIOUS BUSINESS NAME STATEMENT 20-00005
The following person is doing Business as
TECHEASE FORTUNA

Humboldt
1523 Main St, Apt B
Fortuna, CA 95540

Hawley J Riffenburg
1523 Maine St, Apt B
Fortuna, CA 95540

The business is conducted by an Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable I declare the all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Hawley Riffenburg, Owner This January 2, 2020 KELLY E. SANDERS by kt, Humboldt County Clerk

01/09, 01/16, 01/23, 01/30 (20-009)

ORDER TO SHOW CAUSE FOR CHANGE OF NAME JODIE SUE ELLIS CASE NO. CV1901254
SUPERIOR COURT
OF CALIFORNIA,
COUNTY OF HUMBOLDT
825 FIFTH ST.
EUREKA, CA. 95501
PETITION OF:
JODIE SUE ELLIS
for a decree changing names as follows:
Present name
JODIE SUE ELLIS
to Proposed Name
ELLA HOLIDAY
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.
NOTICE OF HEARING
Date: February 7, 2020
Time: 1:45 p.m., Dept. 4
SUPERIOR COURT
OF CALIFORNIA,
COUNTY OF HUMBOLDT
825 FIFTH STREET
EUREKA, CA 95501
Date: December 17, 2019
Filed: December 17, 2019
/s/ Kelly L. Neel
Judge of the Superior Court

12/26, 1/2, 1/9, 1/16 (19-368)

Opportunities

**AMERICAN STAR
PRIVATE SECURITY**

Is now hiring. Clean record.
Drivers license required.
Must own vehicle. Apply at
922 E Street, Suite A, Eureka
(707) 476-9262.



**HEALTH & HUMAN
SERVICES DIRECTOR HHS**
Director-Provides dept.
supervision, conducts
assessments, manages
programs, prepares budgets,
monitors expenditures,
writes grants. www.wiyot.us



**DIRECTOR OF DIETARY
SERVICES** being sought for
Crestwood Behavioral
Health Center - supervise
staff to cook heart healthy
meals & meet clients. Bene-
fits include health, dental,
vision, 401K. Please apply in
person at 2370 Buhne Street,
Eureka, 442-5721



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Are you passionate about
making a difference in your
community? Are you tired
of mundane cubicle jobs
and want to join a friendly,
devoted community with
limitless potential?

Join the Humboldt County
Education Community.

Many diverse positions
to choose from with
great benefits, retirement
packages, and solid pay. Learn
more and apply today at
hcoe.org/employment

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for in education!*



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SOCIAL WORKER/
ADVOCATE** F/T, year round.
Under the direction of HHS
Director, the Social Worker
will provide direct social
services and advocate for
clients in the service area.
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Project Coordinator • Receptionist
Fiscal Assistant • Warehouse Laborers
Certified Medical Asst.
Office Administrator • Secretary
Executive Administrative Asst.
Forestry/Watershed Technician
Investment Administrator**

sequoiapersonnel.com
2930 E St., Eureka, CA 95501
(707) 445.9641



Area 1 Agency on Aging

Can you help a Senior

**"Our Mandate and Mission is to advocate
for dignity, quality of life, and quality of
care for all residents in long-term care
facilities"**

WHAT: You can change a life with just a few
hours each month.

WHO: YOU - Become an Ombudsman. We
are highly trained advocates for residents
living in Skilled Nursing Homes and
Residential Care Facilities for the Elderly.

WHY: Ombudsman advocate for residents
of long term care facilities in Humboldt and
Del Norte counties; we empower those
who are unable to protect their own rights,
we assist those who are unable to speak for
themselves and we educate the community
about the rights of the elderly.

HOW: Ombudsman are State-certified
volunteers trained to objectively investigate
complaints and solve problems for
residents. The Ombudsman makes regular
visits to the long term care facilities to
monitor the quality of care provided to
these residents. When necessary we work
closely with regulatory agencies and local
law enforcement agencies.

WHEN: We ask that volunteers commit to
visiting their assigned facilities a minimum
of twice per month for the Skilled Nursing
facilities and minimally once per month for
the Assisted Living facilities. The schedule is
set by the volunteer.

There is mandated 36 hour classroom/
home study training along with an
additional 10 hours working in the facility
with a senior volunteer.

If you are interested in helping these
special seniors please call:

Ombudsman Program
Suzi Fregeau, 707-269-1330

Hiring?

Post your job opportunities
in the *Journal*.

442-1400 x314
classified@northcoastjournal.com



CITIES OF ARCATA, EUREKA & FORTUNA

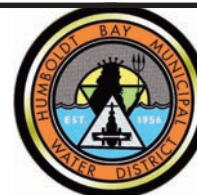
**ENTRY LEVEL P.O.S.T. POLICE
DISPATCHER TESTING**

WEDNESDAY, JANUARY 15, 2020 1:30 P.M.

If you are interested in testing your natural
aptitude for dispatching calls for law
enforcement and possibly beginning a new
career with a local agency, we invite you
to our upcoming test.

The test is free of charge and open to all
who may have what it takes to do this
important job including being able to pass
a thorough background check. Serving the
community provides untold rewards!

Test Reservation forms available at
www.cityofarcata.org/jobs



HUMBOLDT BAY MUNICIPAL WATER DISTRICT

Electrician and Instrumentation Technician
Arcata, CA
ELECTRICIAN DESIRED - SOME TRAINING POSSIBLE!

Due to an internal promotion, the Humboldt Bay Municipal Water
District is seeking a highly skilled Electrician and Instrumentation
Technician to add to our team. While this is not an entry-level
position, we are willing to train the right individual with strong
prior experience. This position installs and maintains new equip-
ment; troubleshoots and repairs existing equipment, and programs
and calibrates a large variety of electrical and electro-mechanical
equipment including high voltage distribution systems, hydroelec-
tric power generation equipment, water pumps, cranes, and
telemetry systems. The ideal candidate will have a wide skill-set,
including the ability to work on small millivolt systems up to large
12kV high voltage distribution power. Preferably, the applicant's
skillset will also include PLC programming, SCADA system diagnos-
tics and wireless technologies. HBMWD fosters a strong team
environment. The successful candidate will possess strong
communication and interpersonal skills and be able to work both
self-sufficiently as well as in a team environment.

While this is typically a Mon-Fri, 7am-3:30pm position, the work-
load of this position can change on a daily basis and as such, over-
time, weekends and holidays are required as needed. Because this
is a Safety-Sensitive Position, a pre-employment physical and drug
screen are required. Candidate must possess valid California
driver's license and have (or be willing to acquire, with the
District's assistance) Grade 2 Water Distribution (D2) and Grade 2
Water Treatment (T2) certifications within the first 2 years of
employment. The salary range for this permanent, full-time posi-
tion is \$5,364 - \$6,520/month, plus a terrific benefits package.

Employment applications are available online at www.hbmwd.com,
or at the District Main Office (828 7th Street, Eureka). Completed
applications can be dropped off at the District Main Office or
mailed to HBMWD, PO Box 95, Eureka, CA 95502-0095.

Applications accepted until position is filled. www.hbmwd.com



Northcoast Children's Services

ASSOCIATE TEACHER, Eureka

Assist teacher in the implementation & supervision of activities for preschool children. Req. a min. of 12 ECE units—incl. core classes—and at least 1 yr. exp. working w/ children. F/T 34 hrs/wk, (M-Fri) \$14.00-\$14.70/hr. **Open Until Filled.**

ASSOCIATE TEACHER, Redway

Assist teacher in implementing & supervising activities for preschool children. Req. a min. of 12 ECE units—incl. core classes—and 1 yr. exp. working w/ children. F/T 32 hrs/week (M-Fri) \$14.00-\$14.70/hr. **Open Until Filled.**

ASSISTANT TEACHER, Fortuna

Assist in class, at parent meetings & on home visits for children & families. Must have 6 months exp. working w/ children. Prefer 6-12 units in ECE. P/T 25 hrs/wk \$13.00-\$14.33/hr.

Open Until Filled.

CLASSROOM ASSISTANT, Eureka

Assist staff in day-to-day operation of the classroom for a preschool prog. 6-12 ECE units pref. or enrolled in ECE classes & have 6 months exp. working w/ children. P/T 25-28 hrs/wk M-F \$13.00-\$14.33/hr. **Open until Filled.**

SUBSTITUTES-Humboldt & Del Norte County

Intermittent (on-call) work filling in for Classroom Assistant, Assistant Teachers, Cooks/Assistant Cooks or occasional childcare for parent meetings. Req. exp. working w/ children or cooking. \$13.00/hr. No benefits. Submit Schedule of Availability form w/app.

Submit applications to:

Northcoast Children's Services

1266 9th Street, Arcata, CA 95521

For addtl info & application

please call 707- 822-7206 or visit our website at

www.ncsheadstart.org

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in the *Journal*.

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classified@northcoastjournal.com

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Distribution Drivers

Wednesday afternoon/Thursday morning routes in
Arcata • Fortuna/Ferndale • Willow Creek/Hoopla

Must be personable, have a reliable
vehicle, clean driving record and insurance.
News box repair skills a plus.

Contact Sam

707.442.1400 ext. 308 • sam@northcoastjournal.com

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MENTOR
Family Home Agency

Call Sharon at
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California MENTOR is
seeking families with an
available bedroom in their
home to share with an
adult with special needs.
Receive ongoing support
and a generous, monthly
payment.

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CITY OF ARCATA PLANNING COMMISSIONER VACANCY

Play a key role in
shaping Arcata's future!

A Natural Resources or Environmental
Compliance background is helpful for this
volunteer position which meets twice per
month in the evenings.

If you are interested in joining a dedicated
team of decision makers, please visit
www.cityofarcata.org and submit an
application form or call 707-825-2135.

We're Hiring!

We are looking for compassionate
medical staff to help us provide thoughtful,
patient-focused care to the community.

**Mad River
Community
Hospital**

Our family taking care of yours
madriverrhospital.com



**MINDFULNESS REMINDER - TAKE THE MOMENT FOR YOURSELF
AND YOUR LOVED ONES TO BE THANKFUL FOR THE GIFTS YOU
HAVE AND CONNECT WITH OTHERS NEEDING SUPPORT.**

**WISHING YOU A NEW YEAR! - CRESTWOOD BEHAVIORAL
HEALTH CENTER** Come join our team as an On-Call case manager,
recovery coach, nurse, cook, or housekeeper. AM/PM/NOC shifts.
Incredible opportunities to get psych training and experience, as
well as get your foot into our 20 facility California wide organiza-
tion. FT&PT (& benefits) available with experience. Apply at: 2370
Buhne Street, Eureka 707-442-5721

HUMBOLDT HILLS NATURAL FARMS

A professional cannabis company in Southern
Humboldt is currently looking for a full time
Finance Manager/Accountant to join our team.

Description Knowledge, Skills and Abilities:

- Responsible for all day to day accounting activities which include
- Accounts Receivable and Payable
 - Manage payroll
- Maintain the general ledger, perform the monthly close out statements
- Financial statements and management reporting
 - Manage and ensure accuracy of Accounts Payable/Cash Disbursements
 - Develop and monitor cash forecasts and weekly P/L flashes
- Analysis: Provide financial and operational analysis support for management; perform cost analysis for product lines, margin analysis for products
- Work closely with outside tax preparation, consulting, and independent accountants Profile
 - Any other duties deemed necessary for this type of position

Requirements:

- 5+ years of Accounting experience required
 - Bachelor's Degree in Accounting or Finance required
- Experience with an Inventory system, supply chain management required
- Experience with QuickBooks and T-sheets
 - Excellent organizational skills and attention to detail
- Excellent written and verbal communication skills
 - High degree of accountability
- Compensation: \$70,000 to \$90,000 yearly based on experience and knowledge

Please send your resume to
rhondahhnf@gmail.com



SoHum Health is **HIRING**

Interested applicants are encouraged to visit and apply online at www.SHCHD.org or in person at 733 Cedar Street, Garberville (707) 923-3921

CURRENT JOB OPENINGS

NURSE MANAGER -- EMERGENCY DEPT/ACUTE

Full Time Position. Critical Access ER/Acute Department Nursing Manager; 4-bed Emergency room & 9-bed Acute care unit, seeking a Nurse Manager to provide leadership, administrative responsibility and oversight of the ER and Acute care departments. Current California RN license required. BSN, PALS, & ACLS required. Minimum 2 years ER experience required. Minimum 1 year Management Experience strongly preferred.

CASE MANAGER

Full Time position. 8 or 10 hour shifts. Provide assessment, planning, and coordination of options and services to meet a patient's medical care needs. Assist in patient care by providing clinical information to payers, monitor length of stay, seek necessary care authorizations, and appeal medical decisions. Current RN or CSW license required. Minimum 3 years case management, or related field, experience preferred.

LICENSED VOCATIONAL NURSE – CLINIC & HOME VISITS

Full Time position, 8 or 10 hr. shifts, 4 or 5 days a week, Monday - Friday. Current California LVN license and BLS certification required. Work 8 or 10 -hour shifts in our outpatient Rural Health Clinic and at patient homes.

OFFICE AND PATIENT COORDINATOR – SENIOR LIFE SOLUTIONS

Full-Time position. Current California LVN, CNA, or MA certification preferred. California BLS certification required. This position provides quality administrative and clerical services for Senior Life Solutions program staff and assists Senior Life Solutions patients with care needs. Responsibilities include assisting with insurance verification and billing procedures, providing clerical support, assisting with patient care, and ensuring transportation is safely provided to patients. Prior experience providing care and performing secretarial or clerical duties strongly preferred. A good driving record, comfort with transportation and driving a van is required.

PATIENT FINANCIAL SERVICES – REGISTRATION CLERK

Serves as a customer service representative to patients, their families, the public and the Medical Staff. Must be able to communicate clearly. Effective computer and software skills, a knowledge and experience with a wide array of various software systems and applications. Ability to maintain confidentiality with regard to patient information and other sensitive issues. Ability to perform basic math functions and be able to balance a cash box. Ability to follow direction. Willing to train the right person. High school diploma or equivalent required.

One year secretarial or general office experience preferred. Must be available to work weekends.

ER/ACUTE CARE REGISTERED NURSE

Full-Time, 12-hour shift, 3 days/week. Current California RN License, BLS, ACLS, & PALS certification required. Work 12-hour shifts in our critical access acute care & emergency room.

New hires qualify for benefits as soon as they begin employment!

SHCHD minimum wage start at \$15.50 per hour featuring an exceptional benefits package, including an employee discount program for services offered at SHCHD.



Employment Opportunity with Tolowa Dee-ni' Nation

DV/SA Program Manager

Full Time

\$21.14 - \$33.59

Under the general supervision of the Director of Community & Family Services, the DV/SA Program Manager will manage the day-to-day operations and oversee the Domestic Violence and Sexual Assault programs and projects to ensure smooth functioning, provide quality services to individual clients and their families, support the goals of the program and CFS.

The DV/SA Program Manager is responsible to ensure adequate systems are in place to maintain the highest quality services and that all work is completed in compliance with all applicable regulations and performance standards.

Apply at: www.tolowa-nsn.gov/employment/



K'ima:w Medical Center

an entity of the Hoopa Valley Tribe, is seeking applicants for the following positions:

DIABETES PROGRAM MANAGER/DIABETES EDUCATOR
DEADLINE TO APPLY IS EXTENDED TO 5 PM, JAN. 10, 2020.

MEDICAL DIRECTOR'S SECRETARY
DEADLINE TO APPLY IS 5 PM, JAN. 23, 2020.

NATIVE CONNECTIONS PROJECT ASSISTANT
DEADLINE TO APPLY IS 5 PM, JAN. 23, 2020.

PATIENT BENEFITS CLERK
DEADLINE TO APPLY IS 5 PM, JAN. 23, 2020.

ACCOUNTANT
DEADLINE TO APPLY IS 5 PM, JAN. 17, 2020.

MENTAL HEALTH CLINICIAN
DEADLINE TO APPLY IS 5 PM, JAN. 10, 2020.

PARAMEDIC
DEADLINE TO APPLY IS 5 PM, JAN. 31, 2020.

PHARMACIST
DEADLINE TO APPLY IS 5 PM, JAN. 31, 2020.

**CERTIFIED ALCOHOL AND DRUG COUNSELOR
PHYSICIAN**

**ALL POSITIONS ARE OPEN UNTIL FILLED,
UNLESS OTHERWISE SPECIFIED**

For an application, job description, and additional information, contact: K'ima:w Medical Center, Human Resources, PO Box 1288, Hoopa, CA, 95546 or call **530-625-4261**, ext. 211 or 226, or email: hr.kmc@kimaw.org for a job description and application. You can also check our website listings for details at kimaw.org. Resume and CV are not accepted without a signed application.

We are excited to announce that we've partnered with the @uscensusbureau to support the #2020Census! As a partner, we'll be working to ensure that our community is accurately represented. To learn about the upcoming census, visit 2020census.gov. A number of local jobs will be created for this project and you can apply to work for the census: <https://2020census.gov/en/jobs/how-to-apply.html>



CITY OF FORTUNA **POLICE CHIEF** UP TO \$120,000 PER YEAR

This is a contract position and final salary is subject to negotiation with the City Manager and approval by City Council. Under administrative direction of the City Manager, to plan, organize, direct, and coordinate the law enforcement and crime prevention functions of the City; to ensure the protection of life, property, and individual rights of all community members through public engagement and enforcement of applicable laws and ordinances; to develop and administer various programs including but not limited to animal control, traffic safety, parking control and emergency services; to manage a volunteer program; prepare and administer the department budget; supervise subordinate staff and provide highly responsible and complex administrative support to the City Manager.

Complete job description and required application available at friendlyfortuna.com or City of Fortuna, 621 11th Street, Fortuna, CA 95540, (707) 725-7600.

Applications deadline is 4:00 pm on
Friday, January 17, 2020.



CITY of EUREKA

MAINTENANCE/ UTILITY WORKER I/II WASTEWATER COLLECTIONS & WATER DISTRIBUTION DIVISIONS

\$2,500 - \$3,509 PER MONTH
PLUS EXCELLENT BENEFITS

This position performs a variety of semi-skilled labor in the construction, maintenance and repair of City infrastructures. This recruitment will be used to fill current and future vacancies in the Wastewater Collections and Water Distribution Divisions. Desirable qualifications include a combination of education (equivalent to graduation from high school) and at least 1 year of experience related to area of assignment.

For a full job description and to apply, please visit our website at www.ci.eureka.ca.gov. EOE

Applications will be accepted until
5 pm Monday, January 21st, 2020.

Miscellaneous

A PLACE FOR MOM has helped over a million families find senior living. Our trusted, local advisors help find solutions to your unique needs at no cost to you. 1-855-993-2495 (AAN CAN)

HUMBOLDT HOUSE CLEANING

Fall/Winter cleaning special 20% off 2 hours or more. Licensed and Bonded. 707-502-1600

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Dream Quest
Willow Creek Youth Partnership



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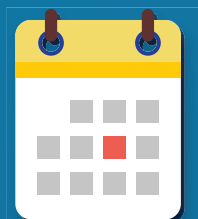
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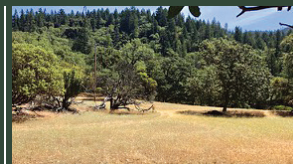


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ALDERPOINT – LAND/PROPERTY - \$395,000

±70 Flat acres w/ .5 mile of Eel River frontage featuring cabin, outbuildings, power, meadows, and views!



SALYER – LAND/PROPERTY - \$499,000

Beautiful ±50 acre property on the south fork of the Trinity River! Features easy access, a developed spring, and power.

WILLOW CREEK – HOME ON ACREAGE - \$349,000
±40 Acres with a 2/1 home just outside of sunny Willow Creek! Features a shed, water storage tanks, and PG&E (with hookups for backup generator).



HOOPA – HOME ON ACREAGE - \$199,000

Flat, usable ±.65 parcel, fully fenced, w/ Mill Creek frontage, fruit trees, 2 cabins w/ bath & electric.



BENBOW – LAND/PROPERTY - \$179,000

±3.5 Acres 5 minutes from Benbow and 10 minutes from Garberville! PG&E & water to the property.



WILLOW CREEK – LAND/PROPERTY - \$49,900

±0.247 Acre lot available in Big Foot Subdivision in sunny Willow Creek! Has community water, sewer, and power at the property line.

SALMON CREEK – HOME ON ACREAGE - \$749,000
±120 acres w/ three cabins nestled in the hills of Salmon Creek w/orchards, water sources, solar, and much more!



SWAINS FLAT – HOME ON ACREAGE – \$150,000

River frontage property w/ a cozy 1/1 home complete dual pane windows, views, and a ¾ wrap around deck!



HYDESVILLE – HOME ON ACREAGE - \$679,000

±8 Private acres featuring a large custom 3/2 ranch home, large barn with “Man Cave”, pool, hot tub, orchard...and so much more!



HORSE MOUNTAIN – LAND/PROPERTY - \$2,500,000

8 Remote patent parcels totaling ±1,279 ac off USFS 1 appx 18 miles from Berry Summit. Owner will carry.

EUREKA – RESIDENTIAL - \$255,000
Fully fenced corner lot in Eureka with 4 bedrooms, 1.5 bathrooms, carport, a detached garage, and alley access!



BIG LAGOON – LAND/PROPERTY - \$375,000

±55 Acres featuring great roads, Redwoods, and views of Stone & Big Lagoons. Permits in place for water/septic/solar awaiting your development!



HONEYDEW – LAND/PROPERTY - \$199,000

±123 Acres in highly desirable Honeydew area! Features beautiful views, mixed timber, undeveloped open meadows, and a year-round creek on site.



FORTUNA – LAND/PROPERTY - \$1,300,000

±24 Acres overlooking the Eel River with development/subdivision potential! Property has public utility access and owner may carry.

EUREKA – RESIDENTIAL - \$218,000
New construction! Property features off street parking, covered deck, and fenced yard. Still an opportunity to pick your own interior paint color!



ORLEANS – CULTIVATION - \$325,000

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WILLOW CREEK – LAND/PROPERTY - \$385,000

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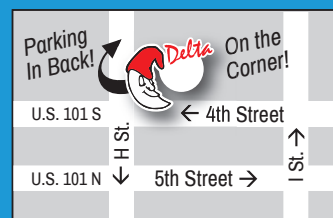
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